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Hafa Adai!

Happy New Year! Saipan Tribune

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THE CNMI'S FIRST DAILY NEWSPAPER

Top Stories of the Year. **PAGE 2**

Newsmakers of the Year. **PAGE 7**

NOTICE

There will be no issue of Saipan Tribune on Jan. 1/2, 2019.

Happy Holidays!

PERSON OF THE YEAR

NMI's first responders



JON PEREZ

A lineman fixes the connection along Beach Road as part of the efforts to bring power back to the entire island.

By BEA CABRERA
beacabrera@saipan@gmail.com

CORRESPONDENT

There are many professions that fall under the term "first responders": EMTs, police officers, soldiers, firefighters, utility linemen, nurses, physicians, etc. But, however else you call them, first responders are known for simply one thing—they rush toward the crisis point, sometimes even at the risk of their own lives, even as others run away.

See **RESPONDERS** on **Page 4**

JEMCO Ltd. is Small Biz of the Year

Mobil Mart



Edward A. Flores and his wife, Jovita C. Flores, owners of JEMCO Ltd., pose for a photo in front of Kagman Mobil Station, which they have operated since 2005. The Flores couple and their company also run two other Mobil gas stations—the one in Chalan Kiya and CMG in San Jose.

FERDIE DE LA TORRE

By FERDIE DE LA TORRE
ferdie.delatorre@saipantribune.com
REPORTER

A newspaper advertisement had a profound impact on the lives of Ed-

ward A. Flores and his wife, Jovita C. Flores, back in 2005.

Both were just months into retirement from government service but

See **JEMCO** on **Page 4**

INSIDE



BUSINESS

Wall Street started 2018 strong, buoyed by a growing economy. It isn't ending that way.

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WORLD

A roadside bomb hit a tourist bus on Friday near the Giza Pyramids, killing three.

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LIFE & STYLE

Netflix shows no signs of chilling and is named AP's Entertainer of the Year

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TOP STORIES OF THE YEAR

1 Typhoons Yutu and Mangkhut

The one-two punch that Super Typhoon Yutu and Typhoon Mangkhut did to the CNMI in the latter part of this year was so devastating, so shattering, and of such magnitude that these twin events alone merit the top six stories of 2018, crowding out many notable events of the year.

Super Typhoon Yutu, a category 5 typhoon, barreled across the CNMI over two months ago. A month prior to Super Typhoon Yutu, Typhoon Mangkhut struck Rota, reportedly the strongest typhoon to make landfall on the island since 2002.

According to the National Weather Service, Super Typhoon Yutu made direct landfall in the CNMI with maximum sustained winds of up to 170 mph and gusts of up to 200 mph.

Rota bore the brunt of Typhoon Mangkhut on Sept. 11, with maximum sustained winds of up to 100 mph and gusts up to 130 mph.

Yutu was comparable to the magnitude of Super Typhoon Jean that left Saipan in shambles in the early 1960s. Typhoon Mangkhut was comparable to the magnitude of Typhoon Pongsona that devastated Rota back in 2002. (Kimberly Bautista)

2 Govt response to Mangkhut, Yutu

The CNMI and federal governments were quick to act on Typhoon Mangkhut and

Continued on Next Page

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Super Typhoon Yutu, with the local administration, working with the CNMI Office of Homeland Security and Emergency Management and National Weather Service Guam, planning ahead even before both storms slammed into the CNMI in September and October.

Local and federal government, and non-governmental organization personnel—like the Commonwealth Utilities Corp., Department of Fire and Emergency Services, Federal Emergency Management Agency, American Red Cross—were sent to Rota either before the storm or one day after it.

It helped Saipan and Tinian that FEMA and other military personnel were still on Rota even before the mega storm blasted through the islands. It also helped that the administration of Gov. Ralph DLG Torres, who said that Typhoon Soudelor in 2015 taught the Commonwealth a big lesson, asked the White House to declare a state of emergency before the storms arrived separately and a state of disaster after. (Jon Perez)

3 Coordinated response

Drawing on the painful lessons of Typhoon Soudelor in 2015, the CNMI's immediate response to the destruction of Super Typhoon Yutu involved both government and non-government entities. The U.S. Armed Forces, Federal Emergency Management Agency, and U.S. Small Business Administration swung into action, handing out relief goods, debris cleanup, cash assistance, and temporary shelter aid. The American Red Cross-NMI Chapter dis-

tributed hygiene packs along with cash assistance. The Philippine Consulate General in Agana handed out cash to qualified families, while the CNMI Nutritional Assistance Program gave out millions in dollars worth of disaster food stamps. And then there were also scores of non-government services that also gave aid. (Kimberly Bautista)

4 Schools incur much damage

Several Public School System campuses sustained damage from Super Typhoon Yutu, including the Francisco M. Sablan Middle School, Hopwood Middle School, Oleai Elementary School, and Marianas High School. The Northern Marianas College also sustained heavy damage, causing it to cancel classes for over a month since the typhoon. Currently, NMC is holding afternoon classes at the Saipan Southern High School and is eyeing to relocate back to its As Terlaje campus early February 2019. (Erwin Encinare)

5 Shelters activated

As early as Oct. 24, 2018, when Super Typhoon Yutu was just projected to pass through Saipan and Tinian, the initial shelters that the Public School System had activated—Marianas High School, Kagman High School, and the Koblerville Elementary School—were already full, with about 226 shelterees.

Two days later, on Oct. 26, 2018, all shelters were at full capacity, with about 840 shelterees. The Commonwealth Office on Transport Authority provided transportation.

Currently, there remains

about 136 shelterees at the Kagman Emergency Shelter Facility—the former Juvenile Detention Center in Kagman—which is being eyed as a permanent shelter for future typhoons. (Erwin Encinare)

6 CUC response to Yutu

With Super Typhoon Yutu's catastrophic devastation of Saipan and Tinian last Oct.

Continued on Page 5

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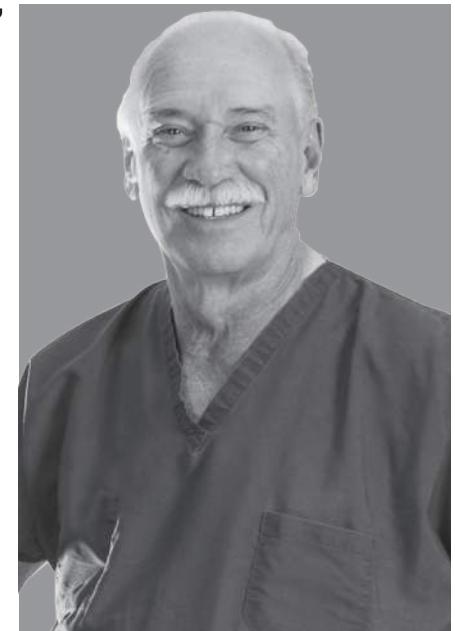
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December 31, 2018

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*\$38.00/adult
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New Year's Day Champagne Brunch

January 1, 2019

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*\$36.00/adult
*\$18.00/child

New Year's Eve Special Set Menu

December 31, 2018

6:00pm - 10:00pm
Set A - \$90.00 /adult
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New Year's Eve Special Set Menu

January 1, 2019

6:00pm - 10:00pm
Set A - \$90.00 /adult
Set B - \$80.00 /adult

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December 31, 2018

9:00pm - 1:00am
Poolside Fireworks
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Live DJ

New Year's Eve's Eve BBQ Dinner Show

December 30, 2018

6:00pm - 9:00pm

New Year's Eve BBQ Dinner Show

December 31, 2018

6:00pm - 9:00pm

New Year's Day BBQ Dinner Show

January 1, 2019

6:00pm - 9:00pm

Alana'ia Polynesian
Dinner Show
Menu Options Vary

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Saipan

Contractor wants to hire locals for debris removal

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

Branford, Florida-based Capstone Pacificas is on a mission to hire CNMI resi-

dents to clear typhoon debris and is willing to pay as much as \$9 an hour excluding bonuses.

During a job fair yesterday at the Fiesta Resort & Spa

Saipan, Capstone Pacificas' Ray Land said that their current contract is primarily focused on ridding the CNMI of accumulated typhoon debris by incinerating it.

CUC immediately kicked off its plan to repair the islands and restore power and water.

With over 60 percent of the island now back on power three months after the typhoon, Camacho attributed it to "big unified program" by 400 CUC employees.

"It's a concerted effort... We've got personnel support groups all the way around to assist the people on the field," he said.

Camacho assured that that CUC is working continuously and diligently to get Saipan and Tinian back on its feet again. "CUC is blessed with such hardworking people and with strong relationships with other utilities," he said. "We are also...working...to make our system stronger for the inevitable storms in the future. Our commitment is we will continue to develop and grow from here."

That commitment is reflected at DPS. DPS Commissioner Robert Guerrero said their work never ends. He said the department is not like any other office. Police officers don't get sent home before a typhoon comes to prepare and be with their families; there is no reason for the men and women of DPS to just clean their desks and say "see you tomorrow."

In fact, DPS men and women are faced with difficult decisions during a crisis "because we put lives in danger."

"It's a hard decision where at 3am we received a call about a family stranded in As Teo. So many thoughts were running in my head," he said. "We did rescues...in the morning as we assisted people who were trapped in their houses. We were getting calls but we couldn't mobilize many because it was still dangerous to drive in the streets... but the minute we were able to go, we didn't stop anymore. ...We rescued people and brought them to the shelter," he added.

Guerrero said that Super Typhoon Yutu recovery efforts were made easy by officers and staff working together. "The people I thought didn't get along, all worked together. Everything fell into place. ...It was very touching...because I saw them coming together as one and this is one of the hardest agencies to manage because of the ego issues. Every person, including me, sustained damage in our homes, but the people who weren't speaking to each other before Yutu are actually working hand in hand now."

According to Guerrero, every officer and staff in DPS are committed to execute what they're sworn to do and that is to put the community first. "The officers out there doing their duties, they also incurred damage, like houses being blown away," he said. "...These guys didn't get to line up first for the water, MREs, DNAP. In fact, they were the last group to go on the last day and I give credit to them, most especially the families, because of their strong support as this job is hard to do without the support of the families."

Thankfully, DFEMS has a standard operating procedure for typhoons. "We learned a lot from Typhoon Soudelor and thus we have our S.O.P. in place," DFMES spokesman Derek Gersonde said. That includes taking the lead in installing temporary homes under the TETRIS program.

"Seeing how resilient the people of the CNMI are, how we help one another and knowing that we are out there to make a difference—that is our true motivation..." he said.

At the hospital, Commonwealth Healthcare Corp. CEO Esther Muña knew beforehand that, based on the weather advisories, Yutu was going to be a strong one.

"When we prepare for a typhoon, we are getting the only hospital in the CNMI to be ready, together with Rota and Tinian to respond to any disaster related sickness and injuries," she said.

That meant preparing the hospital staff and patients and ensuring enough supply of water and fuel.

This was echoed by Public Health & Hospital Emergency Preparedness Program director Warren E. Villagomez. "We dive into a checklist and we do not only think of Saipan but also of Rota and Tinian.

Opening mobile clinics is considered one of the best decisions they made. "We know people who are injured tend to first take care of their properties and this means that they would delay care for their own health. ...We cannot help but be responsible for them and we also don't want people to wait to receive health care," Muña said.

"... We need to take care of people and we need to go out there to reach out. ...We opened a clinic in the south and we also to make sure that we have people on the ground. We didn't want Tinian ignored so we made sure that they receive the same attention," he added.

About 120 CNMI residents showed up and submitted applications yesterday.

Land is confident that local residents are able to take on the task and that is why they have decided to hire locally instead of flying in

overseas workers.

"I believe there's enough people here to do any amount of work. There's a lot of people here that are capable, interested, and able to work and that's what we're looking to hire here today," he said.

Capstone Pacificas is a company hired by the Federal Emergency Management Agency.

A longer version of this story is available at www.saipantribune.com

RESPONDERS

From Page 1

In the case of the CNMI, when Super Typhoon Yutu's ferocious winds leveled whole swaths of Saipan and Tinian, the howling winds and devastation laid bare in the early morning hours of Oct. 25 also brought to the fore the indomitable spirit of the CNMI's first responders, uncovering souls of steel that allowed them to lay aside their own wounds to rush to the rescue of thousands of others who've lost homes and properties to the typhoon. That capacity to rise beyond their own needs to help others make the CNMI's first responders the *Saipan Tribune's* Person of the Year.

That includes not just the men and women at the Commonwealth Utilities Corp., Department of Public Safety, Department of Fire and Medical Emergency Services, and Commonwealth Health Center, but also the brave men and women of the U.S. Armed Forces, U.S. Army Reserve, the CNMI Homeland Security and Emergency Management, and the Saipan, Tinian, and Rota mayors' offices.

Super Typhoon Yutu barreled through Saipan and Tinian on Oct. 24 just as 2018 was nearing its end, with winds of 180 mph and gusts of up to 220 mph that went on for over six hours.

The widespread devastation and damage to the islands and thousands of displaced lives placed the burden of crisis management squarely on the shoulders of first responders. Thankfully for the CNMI, it has its share of superheroes. The courage, bravery, and perseverance of the men and women of CUC, DPS, DFEMS, CHC, and HSEM is becoming the bedrock upon which the CNMI is rebuilding. Just days after Yutu, the Commonwealth Health Center was already on CUC power. For comparison, it took several months before power was restored after Typhoon Soudelor in 2015.

CUC executive director Gary Camacho said that, hours before Yutu hit, he was communicating with Guam Power Authority on how CUC can help.

"When Yutu was tracking south, we were coordinating with Guam about how we can help. But when Yutu started going north, our roles were switched," he said.

According to Camacho, on the morning after of the storm,

as commission agent for Mobil Oil Mariana Islands.

JEMCO Ltd. stands for Jovita, Edward, and M for their daughter Maggie. To complete the company's name, they included their grandchildren—C is for Cassidee, O for Oliveeah Julee, L is for Lauren Jaee. T is for their son-in-law, Tonton, and D for their grandson, DingBoy.

To start the business, the couple got a loan from the bank. "Today, I would say that that was the best loan we obtained from the bank," Jovita Flores said.

They said the operation of the business took off pretty smoothly. They said the management of Mobil Oil Guam put together everything that was needed for the station, including all products that they currently sell in the C Store.

The first few weeks were challenging, though, as everything was operated electronically. In 1977, there was no "point of sale," just an ordinary cash register.

"We were provided training for our pump attendants and cashiers," Jovita Flores said. "Ed and I spent our nights resting in our van until we were confident that our cashiers and pump attendants had full knowledge of the station's operation."

Edward Flores, 55, retired from the Department of Public Safety as a police major in April 2004 after 20 years in the department.

Jovita Flores, 61, retired in December 2004 as clerk of court in the Superior Court after working in the Judiciary for 18 years.

At that time, the couple knew that Mobil was building a gas station in Kagman, where they live about a minute from the station. At that time, the Floreses were spending their days in a farm of their parents in Kagman.

"We passed by the project daily," Jovita Flores said.

One day, Edward Flores saw a Mobil ad in the newspaper, announcing that it was looking for a commission agent to run the Kagman Mobil gas station.

Edward Flores was excited with the opportunity and potential challenges.

Jovita Flores was more hesitant. She knew that operating a gas service station would require a lot of time and a major commitment. Her parents—Frank and Julie Castro—operated a gas station in Garapan now known as Mobil Middle Road—from 1977 to 1997.

"I had experience with long hours and working through holidays, including Christmas, and even birthdays," Jovita Flores said.

She did change her mind later and on May 20, 2005, the Flores couple, through their company JEMCO Ltd., began

24 and 25 occurring less than two months after Typhoon Mankhut caused a major damage on Rota, the Commonwealth Utilities Corp. management and crew have had perhaps the most difficult and tiring job among first responders.

CUC executive director Gary P. Camacho said the most challenging part in the restoration operations is having enough supply of materials. After all, due to recent wildfires in California and hurricanes in Florida and North Carolina, these areas also need materials and manpower for their recovery.

Last Dec. 20, a total of 17 pallets of materials needed for CUC's restoration arrived on Saipan.

Recent CUC reports indicated that on Saipan, over 61 percent of customers already have electric power and over 82 percent have water. On Tinian, over 40 percent of customers already have power as restoration there started late. Water production is at 100 percent.

A total of 53 CUC personnel are involved in the operations to provide power and 34 others are on water on Saipan and Tinian.

CUC hopes to have 100 percent power back on the two islands by mid- to end of February.

CUC is finalizing a contract for additional linemen to add to the existing ground labor force to speed up the restoration process.

Three days after Yutu, the CNMI got off-island assistance from the Guam Power Authority.

Last Nov. 3, CUC accepted the offer of linemen assistance by Kosrae, Pohnpei, and Chuuk utilities. CUC was also in coordination with Palau for additional linemen assistance.

A week after Yutu, CUC managed to provide power back to 5 percent of Saipan. CUC then started working to restore power in Lower Base. (Ferdie De La Torre)

7 Torres, Palacios win by a landslide

Gov. Ralph DLG Torres and Senate President Arnold I. Palacios of the Republican Party won the Nov. 13 general election for governor and lieutenant governor, respectively, by a huge margin, over the Democratic Party-backed independent tandem of former governor Juan N. Babauta and former Education Commissioner Dr. Rita A. Sablan.

The election was generally peaceful, but was marred throughout the campaign period by mudslinging in social media.

Several local GOP law-

Continued on Next Page

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Happy 2019, CNMI!

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makers lost their respective bids, but the Republicans still kept their majority hold in the House, winning 13 of 20 seats.

Delegate Gregorio Kilili Sablan (Ind-MP), who sought a sixth term to his position, easily defeated Rep. Angel Demapan of the GOP.

It was the biggest and most difficult election in CNMI history, considering that many areas, including polling places, had no electric power due to Super Typhoon Yutu's catastrophic destruction on Saipan and Tinian.

In fact, the original schedule of the election day was Nov. 6 and was later moved to Nov. 13. Many doubted whether there would be a good turnout, considering that many houses were destroyed, some roads still had leaning power poles, and debris still littered many villages.

Unlike in previous gubernatorial elections, the 2018 voters did not go back to the polling places again for a runoff election, which was a relief to voters who were still suffering from Yutu's fury. (*Ferdie De La Torre*)

8 Marijuana prohibition ends

Sept. 21 was a historic moment for cannabis supporters in the CNMI after Gov. Ralph DLG Torres signed into law a bill that legalized



Three individuals walk in the middle of Chalan Monsignor Guerrero Road amidst the destruction brought by Super Typhoon Yutu.

JON PEREZ

the medicinal and recreational use of marijuana, making the Commonwealth the first U.S. jurisdiction to lift marijuana prohibition through legislation and not by people's initiative or ballot.

Rep. Joseph P. Deleon Guerrero (R-Saipan) introduced the bill, House Bill 20-178, now known as Public Law 20-66 or the Taulamwaar Sensible CNMI Cannabis Act of 2018. The new law, once the newly-formed CNMI Cannabis Commission comes out

with the implementing rules and other guidelines, authorizes regulation and control of cannabis use in the CNMI.

Adults who are over-21 are now legal to possess small amounts of marijuana (one ounce), marijuana-infused products (16 ounces in solid form and 72 ounces in liquid form), and marijuana extracts (five grams). Marijuana use and possession is still illegal until the commission finalizes promulgating the rules that are needed to regulate the new

cannabis industry.

The commissioners are Nadine Deleon Guerrero, Matt Deleon Guerrero, Valentino Taisacan Jr., Lawrence Duponcheel, and Thomas Song-song. They are planning to meet January. (*Jon Perez*)

9 CW Program extension

The CNMI received news on July 25, 2018, that U.S. President Donald Trump had enacted U.S. Rep. Rob Bishop's (R-UT) H.R. 5956, effectively extending the CW

program by 10 calendar years.

That program, which was supposed to expire in 2018, allows the CNMI to hire foreigners on the CW-1 visa. Delegate Gregorio Kilili C. Sablan (Ind-MP) co-sponsored the bill. The newly passed law also added 8,001 additional CW-1 slots for fiscal year 2019. (*Erwin Encinares*)

10 IPI saga

Imperial Pacific International (CNMI) LLC continues to make controversial

decisions in connection with the ongoing construction of its hotel and operations of the region's lone casino. IPI, in the last quarter of the year, laid off over 300 employees—mostly foreign guest workers.

IPI first terminated its agreement with contractor Pacific Rim, then laid off 80 construction workers citing that they are prioritizing U.S. eligible laborers in order to finish the hotel side of Imperial Pacific Resort. The casino has been in full operation at the initial gaming facility for more than a year now.

Then Super Typhoon Yutu struck Saipan in late October, causing the casino's operations to be suspended for a few days since there were no tourists or other off-island players. They began terminating casino employees after that.

The workers staged a protest in front of the IPI construction site in Garapan where they demanded IPI chief executive officer Mark Brown to meet with them to answer some of their questions. Despite Brown meeting them, the workers were still sent home to their respective countries.

Yutu also caused one of the cranes at the construction site to lean to one side, with businesses near the area showing concern while one of IPI's yachts ran aground due to strong waves during the storm. (*Jon Perez*)

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NEWSMAKERS OF THE YEAR

1 USCIS terminates parole/EAD of some workers

U.S. Citizenship and Immigration Services is ending 2018 on a grim note—the termination of the humanitarian parole of close to 2,000 workers that are either immediate relatives of U.S. citizens and stateless individuals, CNMI permanent residents and their IRs, the Freely Associate States residents' IRs, and care-

givers for local residents.

When Public Law 110-229 or the Consolidated Natural Resources Act of 2008 was enacted, some CNMI guest workers were granted humanitarian parole for various reasons, including caregivers.

USCIS issued humanitarian parole to foreign workers who were left without employment status. These workers either had minor children who were

U.S. citizens or were given transitional conditional permits (umbrella permits).

Their documents are expiring today and will no longer be renewed. Those under the program have 180 days to either leave the CNMI or apply for other status. (*Jon Perez*)

2 Rota Mayor Atalig is indicted

A federal grand jury indicted

Rota Mayor Efraim M. Atalig in federal court last September after he allegedly arranged a government-funded trip to Guam for himself and 12 other persons, including eight municipal employees, on a false claim that he was going to check for surplus at the Naval Base in Guam. Actually, he allegedly went to participate in a political rally last June 23 in Mangilao. The indictment charged Atalig with one count of wire fraud.

Atalig was not arrested as he was only summoned to appear in the U.S. District Court for the NMI for his initial appearance hearing.

The Office of the Attorney General also filed on the same day criminal charges in Superior Court against 57-year-old Atalig and seven others Rota municipal officials in connection with the Guam political rally.

The jury trial in the federal case will commence on March 12, 2019. (*Ferdie De La Torre*)

3 TanHoldings, TSL Foundation donate \$1M for Yutu recovery

One of the biggest private employer in the CNMI, TanHoldings Corp., together with its charitable arm, the Tan Siu Lin Foundation, pledged to donate \$1 million to recovery efforts in the CNMI.

TanHoldings' \$1-million pledge will go to the American Red Cross-NMI Chapter, Commonwealth Advocates for Recovery Efforts, and CNMI

See NEWSMAKER on Page 8

Happy New Year
from Kanoa Resort

Welcome 2019 with your family and friends at the Isla Café at Kanoa Resort. Our team of chefs have prepared a mouth watering menu you are sure to enjoy.

Kanoa Resort
Saipan

For Reservations please call
(670) 234-6601 Ext. 742/743 Leisure•Comfort•Kanoa• Like/Follow us on [f](#) *Resident discount applies with valid CNMI ID

New Years Day Lunch
Isla Café Restaurant

Tuesday January 1st, 2019
11:00am~2:00pm
\$27.99 per Adult
\$14.00 per Child (4~11 years old)

Join us for an international buffet which includes Sushi, Sashimi, Poke and Tempura. Paired with Suckling Pig, Roasted Turkey, and a wide variety of Soups, Salads and Desserts. There is something for everyone to enjoy.

Reservations are highly recommended so call today. Julie, Elaine and Katherine are standing by to take your call.

Northern Marianas College

Fall 2018 & Spring 2019

Updated December 21, 2018 CALENDAR

Fall 2018

Afternoon, Evening, and Saturday Classes ONLY (at SSHS)

Dates	Adjusted Schedule
Dec. 03 - 08	Week One
Dec. 10 - 15	Week Two
Dec. 17 - Jan. 05	Holiday Break
Jan. 07 - 12	Week Three
Jan. 14 - 19	Week Four
Jan. 17	Cash for College – Tinian (Tentative)*
Jan. 19	Cash for College - Saipan (Tentative)*
Jan. 21	Holiday – MLK Jr. Day
Jan. 22 - 26	Week Five
Jan. 24 - 25	Cash for College - Rota (Tentative)*
Jan. 28 – Feb. 02	Week Six – Last Week of Instruction
Feb. 04 – 09	Final Exam Week
Feb. 11 – 16	Grades Due

Fall 2018

Morning (AM), Online, and HYBRID classes (at NMC As Terlaje Campus)*

Dates	Adjusted Schedule
Feb. 11 - 16	Week One
Feb. 18	Holiday – President's Day
Feb. 19 - 22	Week Two
Feb. 25 - Mar. 02	Week Three
Mar. 04 - 09	Week Four
Mar. 11 - 16	Week Five - Last Week of Instruction
Mar. 18 - 23	Final Exam Week
Mar. 25	Holiday - Commonwealth Covenant Day
Mar. 26 - 27	Grades Due

*Dates above are all in 2019. Additional minutes added to each course section

Spring 2019

All Classes (at NMC As Terlaje Campus)**

Dates	Adjusted Schedule
Feb. 11 - 16	Early Academic Advising / Priority Registration for Spring 2019 Anticipated Graduates
Feb. 19 - Mar 23	Registration for All Students
Mar 28 - 30	Late Advising & Registration
Apr. 01 - 06	Week One - First Week of Instruction
Apr. 08 - 20	Weeks Two and Three
Apr. 18 - 20	Spring Break
Apr. 22 - June 08	Weeks Four to Ten
May 27	Holiday – Memorial Day
June 10 – 15	Week Eleven - Last Week of Instruction
June 17 - 22	Final Exam Week
June 24	Grades Due for Potential Graduates
June 25 - 26	Grades Due for All Students
June 29	NMC Commencement Ceremony

**Additional minutes added to each course section

PLEASE NOTE: The Academic Calendars and Course Schedules are subject to change, depending on availability of space and other factors. Every possible effort will be made to ensure communication of information to all students and other stakeholders.

OBITUARIES

Bishop Emeritus Tomas A. Camacho

Bishop Camacho, the first to lead the Roman Catholic Diocese of Chalan Kanoa, died on March 5 this year. He was appointed by the late Pope John Paul II in 1985 and had served

the diocese for 25 years until his retirement on April 26, 2010.

Camacho was laid to rest on March 13.

Richard B. Seman

Seman died on April 4. He was the head of the Department of Lands and Natural Resources before his passing. He was

also a former lawmaker, serving as one of the six representatives of Precinct 1 in the 18th Legislature, aside from being a director of the Division of Fish and Wildlife.

Seman was the DLNR chief from 2004 to 2006 during the term of former governor Juan N. Babauta and was again appointed

in January 2015 until his death.

Former governor Pedro P. Tenorio

Tenorio served as the CNMI's second and fifth governor, being in office for a combined 12 years. He was in office from 1982 to 1990 and again served as the Commonwealth's chief executive from 1998 to 2002.

He previously served as a member of the Congress of Micronesia during the Trust Territory years and was elected senator in the 1st and 2nd CNMI Legislatures before winning the governor post in 1982.

Oscar C. Rasa

Rasa was the inaugural House

speaker of the 1st Legislature after serving as a senator in the 5th Marianas District Legislature in the Congress of Micronesia. He was also among those elected to the first CNMI Constitutional Convention and served as chief of the professional staff for two Legislatures.

He was also a member of the Congress of Micronesia Joint Committee on Future Political Status for Micronesia while also holding a lifetime instructor credentials in Government, Theory and Practice (local and international), and Public Services and Administration, and lifetime college administrator credentials to be chief college administrative officer for any commu-

nity college in California.

Gil San Nicolas

San Nicolas died on Nov. 18 in his home in Tanapag due to cardiac arrest. He was the Department of Labor's Division of Labor Enforcement director at the time of his death aside from serving as the secretary during the term of former governor Benigno R. Fitial.

He served as the local Labor department's acting secretary after Gov. Ralph DLG Torres accepted the resignation of then-head Edith Deleon Guerrero. He went back to being DLE's director following the appointment of Vicky Benavente as department head.

FSM govt donates \$100,000 to Yutu relief efforts

Yutu," said Hocog, who also expressed appreciation on behalf of Gov. Ralph DLG Torres for FSM's generosity. FSM also contributed manpower to expedite the restoration of utilities in villages.

According to Benavente, this donation is in addition to an earlier appropriation FSM President Peter Christian and the country's congressional leaders made in the same amount to support the relief efforts for Typhoon Mangkhut, which hit the CNMI in September.

"I am pleased to accept this for our people here in the CNMI for further distribution to those severely affected by

them over 80 tons of emergency materials for immediate relief. The organization was able to provide about 300 gensets for Tinian residents, bring medical professionals to Saipan and Tinian, and even transport Lambert the lion and Tasha the tiger to a wildlife sanctuary in Colorado—all aboard their own DC-8 cargo aircraft.

7 Salary increase for CNMI officials

A bill that would establish a new salary level for lawmakers is now in the Senate, where action is needed before the opening of the 21st Legislature or their annual compensation would go down to the original \$8,000 40 years ago. House Bill 20-195, introduced by Rep. Joseph P. Deleon Guerrero (R-Saipan) again passed the House and is now awaiting action in the Senate.

H.B. 20-195, which would give legislators an annual salary of \$32,000, needs to be signed by Gov. Ralph DLG Torres before the opening of the 21st Legislature on Jan. 14.

8 BEA: CNMI economy flies high

The CNMI economy grew by 25.1 percent in 2017 based on the gross domestic product estimates released by the U.S. Department of Commerce's Bureau of Economic Analysis. The report is based on revised estimates of GDP where the CNMI increased by 25.1 percent in 2017 after experiencing a 28.2 pct. jump in 2016, making the Commonwealth one of the fastest economies among U.S. jurisdictions second straight year. (Jon Perez)

As a challenging year comes to a close, we stand firmly with the people of the CNMI looking forward to 2019 with hopeful expectations.



A large, white, 3D-style sign that reads 'Saipan' is mounted on a rocky cliff. The cliff is covered in green vegetation and is set against a clear blue sky.

Thank you very much.
Your trust and patronage sustains our
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-from the staff and management -

STAY STRONG
CNMI

Congress appropriates over \$100M for Yutu recovery

The U.S. House of Representatives of the U.S. Congress has approved a measure to appropriate a whopping \$100 million to the CNMI for Super Typhoon Yutu recovery.

In a news briefing last Thursday at the Office of U.S.

Delegate Gregorio Kilili C. Sablan (Ind-MP), he said that he has been working closely with Congress to obtain much-needed help for the CNMI to completely recover from Super Typhoon Yutu.

"There's still so many peo-

ple without water or power, still recovering from Super Typhoon Yutu. ...It's hard to say Merry Christmas. ...I just want everyone to know that I have been working hard in Congress to get Special Disaster Assistance for the Marian-

as. These are assistance over and beyond what [the Federal Emergency Management Agency] can give," he said.

Although the bill still needs to go through the U.S. Senate for approval before it is signed by U.S. President Donald

Trump, Sablan is hopeful that the CNMI will be appropriated the funding.

"I think we will be able to get that money soon. Money that can be used to harden our power and water systems for housing and schools, to get our economy going again. ... There's \$56 million for our solid waste facilities in the Marianas, an additional cell for the Saipan landfill...an additional

\$8.5 million for food stamp because they've used up the money for disaster," he said.

Sablan said that this is the first time that the CNMI will be receiving Special Disaster Assistance "I am very grateful, of course, to upcoming House Speaker Nancy Pelosi. Within days of Yutu, she told me she would help... they really came through for us," he said. (Kimberly A. Bautista)

Strong quake off Philippines prompts panic, tsunami warning

MANILA, Philippines (AP)—A powerful undersea earthquake struck off the southern Philippines on Saturday, prompting people to scramble out of shopping malls and buildings and authorities to warn villagers to stay away from beaches in case of a tsunami.

No casualties or damage were reported hours after the quake struck before noon, and the Pacific Tsunami Warning Center lifted its warning for a potential tsunami that it had said could hit coastal areas of the southern Philippines and Indonesia.

The Philippine Institute of Volcanology and Seismology said the quake was detected at a depth of 59 kilometers (37 miles) and a magnitude of 7.2 about 162 kilometers (100 miles) off Davao Oriental province. Several aftershocks, including one with a magnitude of 5.6, were later felt by

residents but no major damage was reported, officials said.

The U.S. Geological Survey said the quake had a magnitude of 6.9.

Shortly after the quake struck, Renato Solidum, who heads the quake-monitoring institute, said a major tsunami was unlikely given the quake's depth but his agency advised villagers to avoid beaches in Davao Oriental province and outlying coastal regions for about two hours after the quake hit around noon as a precaution.

The quake was felt in several southern provinces and cities, including in President Rodrigo Duterte's hometown in Davao city and in nearby Tagum City. Shoppers, including children yelling in fear, rushed out of a five-story mall and many occupants abandoned a 26-floor condominium in a commercial district as the ground shook.



From the management and staff of



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Fax: 322-7414
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WELCOME 2019

I want to extend my warmest regards and best wishes for the people of Saipan as we end the year and welcome the new year 2019. 2018 has been a year of many ups and downs but we have made many progress in keeping up with the pace of other places that influence our social, economic, and political lives. We can expect 2019 to be similar and must work together to bring about greater things to make our lives better and our future generations.

As our island's greatest asset, you and your family deserve every opportunity to grow and prosper. We have a lot to do, but I know that we can accomplish many more great things for we are not afraid to face new challenges. May the spirit of this wonderful season be with you and your loved ones and I wish everyone a safe and prosperous new year to come.

Happy New Year!

From Mayor of Saipan David M. Apatang and Staff

SBA tops \$50 M in Disaster Assistance Loans to NMI

The U.S. Small Business Administration has approved more than \$54.3 million in federal disaster loans for CNMI businesses and residents impacted by the last two typhoons that hit the CNMI.

According to Tanya N. Garfield, director of the SBA's Disaster Field Operations Center-West, the SBA has approved \$187,300 for businesses and \$1,571,300 for residents for Typhoon Mangkhut; and \$6,592,900 for businesses and \$45,995,100 for residents for Super Typhoon Yutu to help rebuild and recover from these disasters.

Typhoon Mangkhut occurred on Sept. 10-11, 2018, while Super Typhoon Yutu occurred on Oct. 24-26, 2018.

"SBA's disaster assistance employees are committed to helping businesses and resi-

dents rebuild as quickly as possible," said Garfield.

Businesses and residents who sustained damage are encouraged to register prior to the deadline with the Federal Emergency Management Agency at www.disasterassistance.gov.

"Don't miss out on any assistance you may be entitled to by not registering for help. You don't need to wait for your insurance to settle or obtain a contractor's estimate," Garfield added.

SBA continues to provide one-on-one assistance to disaster loan applicants at the following locations on the days and times indicated. No appointment is necessary.

On Saipan, the DRC at the Saipan Chamber of Commerce, Marianas Business Plaza, is open Mondays - Fridays, 8am - 5pm; and Satur-

days, 10am - 4pm.

There is also a DRC at the Pedro P. Tenorio Multi-Purpose Center in Susupe, Mondays - Fridays, 9am - 6pm; and Saturdays, 10am - 4pm.

On Tinian, it is at the Department of Commerce, Mondays - Fridays, 9am - 6pm.

For small businesses and most private nonprofit organizations of all sizes, SBA offers Economic Injury Disaster Loans to help meet working capital needs caused by the disaster. Economic injury assistance is available regardless of whether the business suffered any property damage. These economic injury disaster loans are available on Rota, Saipan and Tinian for Typhoon Mangkhut and the Northern Islands, Rota, Saipan and Tinian for Super Typhoon Yutu.

Businesses of all sizes and

private nonprofit organizations may borrow up to \$2 million to repair or replace damaged or destroyed real estate, machinery and equipment, inventory and other business assets. The SBA can also lend additional funds to help business and residents with the cost of making improvements that protect, prevent or minimize the same type of disaster damage from occurring in the future.

Disaster loans up to \$200,000 are available to homeowners to repair or replace their damaged or destroyed primary residence.

Homeowners and renters are eligible for up to \$40,000 to repair or replace damaged or destroyed personal property. These low-interest federal disaster loans are available in Rota, Saipan and Tinian.

Applicants may apply online, receive additional disaster assistance information and download applications at <https://disasterloan.sba.gov/ela>. Applicants may also call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance. Individuals who

are deaf or hardofhearing may call (800) 877-8339. Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

The deadline to apply for property damage for Typhoon Mangkhut is Jan. 27, 2019. The deadline to apply for economic injury is July 1, 2019.

The deadline to apply for property damage for Super Typhoon Yutu is Jan. 27, 2019. The deadline to apply for economic injury is July 26, 2019. (SBA)

ATTENTION: 2001 - 2016 HONDA & ACURA OWNERS

Urgent Airbag Safety Recall



- YOUR SAFETY IS AT RISK -



You and your passenger's safety may be at risk! Sharp metal fragments from airbag explosions have severely **INJURED** and **KILLED** vehicle occupants

FREE AIRBAG REPAIRS



There are safety recalls under way to repair affected Takata Airbags for **FREE**.
Metal Fragments from airbag explosions have **INJURED** and **KILLED** vehicle occupants.

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May you pave the way of a successful financial path in the new year for the things you value most.

First Hawaiian Bank looks forward to another year of new opportunities to help our island communities through a wide array of quality products, responsive service, and customized solutions. Our team remains committed to helping you, your family, and businesses find solutions for your 2019 resolutions.

From our family to yours,
we wish you a Happy New Year!



First Hawaiian Bank

IT ALL STARTS WITH YES

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Oleai Branch, Oleai Center, Beach Road Chalan Laulau • Tel: (670) 234-6559 Fax: (670) 236-8936



NMI govt employees granted admin leave today

Acting governor Victor B. Hocog has approved the grant of administrative leave for CNMI government employees for today, Dec. 31, 2018, starting at noon. This would allow government employees to get off work early, so they can prepare to meet the new year.

"As we celebrate the end

BOG donates \$70,000 to ARC for Typhoon Yutu relief operations



From left: Joshua T. Sasamoto, American Red Cross-NMI Chapter board member; J.D. Tenorio, ARC Disaster Program manager; John Hirsh, ARC executive director; Marcie Tomokane, Bank of Guam CNMI vice president/regional manager; Larry Lee, ARC vice chair; Patty Palacios, ARC board member; Larry A. Philip, VP/branch manager, Saipan; Tania P. David, assistant VP/operations manager; and Abbra Firman, ARC Disaster Program manager, kneeling.

CONTRIBUTED PHOTO

Bank of Guam invests in the island community by providing a \$70,000 donation to the American Red Cross-NMI Chapter in support of emergency relief efforts to help those in need following Super Typhoon Yutu.

"Bank of Guam has con-

sistently supported the Red Cross' mission and our community for more than 30 years" said Larry Lee, NMI Chapter vice chair of the Red Cross board. "Marcie and her team are incredibly generous, not only financially but partnering

for many reasons. "Typhoon Mangkhut and Super Typhoon Yutu significantly changed us as a community, but the experience of this recovery has taught us to serve one another, to help each other out, and to be more resilient than before.

"The promise of a new year comes an opportunity to be

better versions of ourselves as we rebuild our islands. Recovery is more than just building stronger. Let us renew our bonds with one another to create a better Marianas that

is dedicated to progress and committed to resiliency.

"To our government employees, thank you all for your hard work and service to improve these islands we call home. Let us continue to rebuild our islands stronger and more

resilient than ever before.

"On behalf of Gov. [Ralph DLG] Torres, our families, and the entire administration, we hope you and your families have a prosperous 2019," the memorandum stated. *(Saipan Tribune)*

15th Tinian Hot Pepper Festival on Feb. 16-17

The 15th Annual Tinian Hot Pepper Festival will be held over Presidents Day weekend on Feb. 16-17, 2019.

Activities will include the 65K Pika Bike Race on Feb. 16 at 6am beginning at the festival site at Kammer Beach, cooking competitions, indigenous craft sales, and live entertainment, including cultural dances.

Festivalgoers can sample a variety of local dishes, catch the *umang* (hermit crab) races, join sports activities (including beach volleyball), or join the hot-pepper eating competition itself.

"In consideration of the effects of Super Typhoon Yutu, there will be a few changes to this year's celebration," said Marianas Visitors Authority managing director Christopher A. Concepcion. "As our Tinian crop of *donni sali* (hot pepper) is not available, we are expanding the festival to cover anything spicy, including other species of *donni* hot pepper grown outside Tinian. As they say, the



Tinian youth performing indigenous Chamorro dances draw a crowd at the 13th Annual Tinian Hot Pepper Festival in 2017 in the Marianas. The Marianas Visitors Authority will hold the 15th Annual Tinian Hot Pepper Festival on Feb. 16-17, 2019.

MVA

show must go on, and coming together in February will be good for the community and good for business [on] Tinian. We're looking forward to it, we've got some new and exciting contests in the works, and we thank our partners for joining us in this demonstration of the #MarianasSTRONG spirit following the typhoon."

The event is sponsored by the Tinian Mayor's Office and

MVA members. At this time, available hotels on island are Tinian Ocean View and Lori-lyn's Hotel. Air service from Saipan to Tinian is provided by Star Marianas. Airport shuttle will be offered by the MVA to and from the festival site.

Tinian is accessible within minutes of Saipan via airplane. For more information, contact the MVA Tinian office at 433-9365 or e-mail at vborja@mymarianas.com. *(PR)*

Holiday Season 2018

Drunk Driving Prevention Campaign

November 22 - December 31, 2018

Buzzed Driving is Drunk Driving. Friends Don't Let Friends Drive Drunk.

CNMI Department of Public Safety.

For more information call:
SAIPAN 664-9001/9002/9131 | TINIAN 433-9222/2041 | ROTA 532-9433/9530
www.dps.gov.mp

DRIVE SOBER OR GET PULLED OVER



CHRISTMAS CAROLERS

Officers from the Department of Public Safety added to the holiday spirit at the Northern Marianas College by serenading a group of staff and faculty, including interim college president Frankie Elipitico, far right, with Christmas carols.

NMC

COMMUNITY BRIEFS

CUC office hours

The Commonwealth Utilities Corp.'s office hours today and tomorrow, Dec. 31, 2018, and Jan. 1, 2019, are as follows:

- Dec. 31, 2018, New Year's Eve: 7:30am to 2pm (Please note the early closure)
- Jan. 1, 2019, New Year's Day: Closed

Reporting of power issues and water leaks

The Commonwealth Utilities Corp. advises residents to report or follow up any power issues or concerns and water leaks immediately to CUC's Call Center at 664-4282.

As CUC restores power on the lateral lines in the villages, some residents may need to call in power concerns or follow up inspections and meter installations for those residents who suffered damage to their electrical equipment on their homes. Residents are urged to inform the Call Center immediately to register their concern, which will be forwarded to and scheduled with the appropriate proper crew. Any follow-ups should be made by calling the Call Center at 664-4282 (664-4CUC). (CUC)

Transfer station, landfill hours

In observance of New Year's Day, the Lower Base transfer station and the Marpi landfill will be closed all day on Tuesday, Jan. 1, 2018. Normal operations will resume on Wednesday, Jan. 2, 2018. (PR)

JKPL closed on Jan. 1

The Joeten-Kiyu Public Library will be closed on Tuesday, Jan. 1, 2019; it will reopen on Wednesday, Jan. 2, 2019. Also, effective Wednesday, Jan. 2, the hours of operation will return to normal hours:

- Tuesday-Friday: 10am: 6pm
- Saturday: 9am: 4pm
- Closed Sundays, Mondays, and holidays

In addition, JKPL welcomes class visits—a great way to expose students to the many resources at the library. To schedule a class visit, fill out a class visit form three days in advance, available at the library. For more information about class visits, contact the library at (670) 235: READ. (PR)

BIRTHDAY SHOUTOUT



Happy birthday greetings go out to my nephew, Elvyn John Bernardo Montano, who is celebrating his special day today, Dec. 31, 2018. Greetings come from Tita Jane and family.

CONTRIBUTED PHOTO

WHAT ARE YOU DOING THIS NEW YEAR'S EVE?

JOIN SAIPAN'S FAVORITE ANNUAL PARTY

NYE 2019!

FEATURING A TANDEM EXPERIENCE WITH GUAM'S DJ OZ & SAIPAN'S DJ DICE!

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Opinion

Saipan Tribune

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AP The Associated Press

Pacific Islands News Association

EDITORIAL

Loving the national parks to death

If America's national parks had a theme song, it might be "You Always Hurt the One You Love." These natural treasures are suffering, not from indifference or inattention, but from more visitors than ever before.

Last year the number reached nearly 331 million -- 57 million more than in 2013. Yellowstone had 4 million visitors, a 40 percent increase since 2008. At Acadia in Maine, the increase has been 60 percent.

Who can blame the crowds? Writer Wallace Stegner called America's national parks "the best idea we ever had," and Ken Burns' 2009 PBS documentary series fueled interest. But huge crowds can make them hard to enjoy, or even to get into.

"Our own species is having the greatest impact on the park, and the quality of the experience is becoming a casualty," former Yellowstone Superintendent Dan Wenk told the Bozeman Daily Chronicle. "We're exceeding the carrying capacity, and because of it, damage is being caused to park resources."

Last summer at Acadia, the National Park Service reports, the road to the Cadillac Mountain summit had to be closed 49 times "due to gridlock congestion and public safety concerns." At Glacier in Montana, fistfights over scarce parking spaces are not unheard of. Bison sometimes back up traffic for miles in Yellowstone.

Then there is the unavoidable problem of, um, human waste. Yellowstone workers had to pump out 250,000 gallons of the stuff last year, 19 percent more than the year before. In the Custer Gallatin National Forest, which consists of more than 3 million acres in Montana and South Dakota, 200 toilets have to be emptied frequently, at a cost so far this year of \$80,000.

No one wants to close the gates on the parks. But something needs to be done to keep the crush of humanity from ruining what all those people come to see. Now-departing Interior Secretary Ryan Zinke was onto a good idea when he proposed to raise the daily vehicle admission fee at the most popular parks from \$25 or \$30 to \$70. But public outrage forced him to settle for charging \$35.

The higher price would have reduced the number of visitors without posing a big financial obstacle to families that spend hundreds or thousands of dollars on flights, hotels and meals for their national park vacations. It would have made a big contribution to reducing the ever-growing \$12 billion maintenance backlog in the park system. And it would have left most national parks free, as before.

There are other ways to keep the numbers under control. Muir Woods in California has banned parking on the road leading to the entrance, cut parking spaces by 70 percent and required motorists to buy parking spots before they arrive. The Chronicle reported that Zion, Arches and Acadia may start requiring reservations for admission.

What won't work is to keep doing things as they've been done in the past. Like any precious national resource, our necklace of national parks has to be managed to preserve its value for Americans of today and for centuries to come. Protecting the parks clearly requires hard choices and more resources.

"Too much of a good thing can be wonderful," said Mae West. But she never had to service a wilderness outhouse.

©2018 Chicago Tribune



On 'Surrendering to One'

We are 17 years into the war on terrorism. During that time, hundreds of thousands of our American brothers and sisters have faced the horrors of war. Many are in desperate need of spiritual healing.

Their despair is deep. Too often, it is fatal. The Department of Veterans Affairs reports that, on average, 20 vets take their own lives each day.

Veterans' advocate Richard Glickstein notes that, over the past 15 years, the federal government has instituted 1,100 suicide-prevention programs for our servicemen and women. Yet the suicide rate has remained unchanged.

The recent film "Surrender Only to ONE" frankly portrays the rigors of combat and how they can affect the mind, body and spirit. Only those who have been in combat can truly know the weight a warrior carries on each mission. But all of us can at least imagine the stress of knowing that every single decision you make—or don't make—can wind up killing or maiming a comrade.

Too often that burden does lasting damage. PTSD can be just as deadly as an IED and more difficult to manage than the chaos of a back-alley ambush.

It's something the producer of "Surrender," Lt. Col. Damon Friedman, knows all too well. And Friedman is determined to do something about it.

In addition to serving as an active duty special operations officer and film producer, Friedman wears a third hat—as president of Shield of Faith Missions (SOF Missions). In that role, he has one objective: "to provide the hope that our men and women who have gone into combat, who have defended this country, to give them the hope that they need."

While the government has tried to help those with PTSD, Glickstein says, "The reality is what we've done so far is not working."

Current VA guidelines for treating PTSD include both trauma-focused treatment that is personalized to the experience of the individual serviceman, as well as a pharmaceutical mainstay of mental health, an SSRI anti-depressant.

There is strong evidence that, properly managed, these interventions can work. But problems with the VA are well-known, and actual utilization of VA mental health services can be alarmingly low.

In one study, only one third of veterans with a new diagnosis of PTSD received treatment through the VA, and fewer than 10 percent were properly treated, per VA guidelines. Notably missing from these guidelines is any mention of spirituality.

By KEVIN PHAM, M.D.

The Heritage Foundation



Kevin Pham, M.D., first entered the field of health policy studies as a graduate fellow at The Heritage Foundation, a think tank based in Washington, D.C.

Friedman poses this question: "If we really truly care about providing a solution for our men and women, are we providing every viable option?"

Dr. David LeMay, a physician on the board of SOF Missions, summarizes the limitations of DOD-approved therapies this way: "I can do float therapy; I can do CBT; I can do neurofeedback EEG, but I can't do prayer."

Unless we start considering the spiritual fitness of our servicemen, 15 years from now the suicide rate will still be 20 each day.

During a Nov. 29 panel discussion at The Heritage Foundation, a Washington-based think tank, participants talked about their personal observations of how spiritual healing builds up resilience against suicide.

Friedman spoke of his personal battle against PTSD darkness. Glickstein cited work done by Tyler Vanderweele, Ph.D., and Harold Koenig, M.D., that shows religious practice can reduce suicide risk. Indeed, frequent attendance to religious services is associated with significantly decreased suicide rates.

Dr. LeMay described his work to activate the body's "rest and repair" system to ratchet down the "fight or flight" response that is overstimulated in PTSD. He has found prayer and spirituality to be an invaluable tool in doing this. In fact, a combination of physical medicine and spiritual healing has enabled many of his patients to come off of medications completely.

These men have no wish to force soldiers to attend religious services or complete a mandatory spiritual fitness regimen. But they do want to make the information available to them.

Military leaders and providers in the VA should not have to hide the spiritual components of healing in unofficial advisories, or as Friedman puts it, to "find a private corner just to find hope."

Servicemen and women should be informed of what organizations such as SOF Missions have learned firsthand: that there can be redemption through a power greater than ourselves, a power that can reach down through the deepest brokenness.

And God willing, lives will be saved.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

The American shutdown

The talk on the news these days is mostly about a shutdown and when it is going to be over, how much it matters, whether it isn't more about dysfunctional politics than anything else and what side of the "wall" issue is more nearly right.

As I have heard the word more and more – first off there was going to be a shutdown and then there wasn't and then it was here, oh dear – I have put it in a more far-reaching, symbolic context. After all, we're entering a new year and just maybe giving thought to fresh beginnings and escape from the worst around us. Might we sum up the worst by saying America is in a partial shutdown?

All over the place, a workable way of things has been unplugged or replaced or deserted. Not a few institutions, for instance, have given up on their missions. Proven norms are getting squashed. The idea of truth has taken a fall among intellectuals. The new political fad is an old political failure called socialism. Identity politics divides and makes things worse. We have activists against sexism promoting sexism against men. And political correctness has become incorrect

to the point of offending the kind of common sense that gets you safely across the street.

I get it that we are the wealthiest, strongest nation in the world, almost surely the freest despite brass-knuckled assaults, and that we still bloom with innovation and more charitable giving than any place else. The list goes on, but the opposing list does, too. And so let's talk about the dissolution of one of the most important features of our society or any society known in history: the family.

It has dissolved to the point that 42 percent of children in this country live without their father in the home. This is a horror for them. The mother is often left with more than she can handle. Men do in fact bring something special to the raising of children, just as women do. The children are deprived of lessons they need to learn and of a human being who is more than lessons.

Let's look at some of the consequences.

Various studies, many of them by the federal government, show, for instance, that 85 percent of children haunted by behavioral disorders are from fatherless homes. Youth suicides? 63 percent are from fatherless homes, it's reported. If you find a homeless child, there's a 90 percent chance he or she comes from a fatherless home, and if you find a high school dropout, chances are 71 percent. Turn the other direction, to such positives as children getting A's or staying away from drugs or staying away from crime or prison, and the odds are high that they have a dad around.

Obviously, huge numbers of children from fatherless homes are as terrific as they come, and just as obviously, you don't want some fathers in the home – they can be terrors. Fathers are often irresponsible and flee the scene. Divorce, death and

the wisdom of the mother are other causes of their absence. It is the case, too, that vast numbers of children without a father around are children of women who never get married in the first place.

When I have written about this before I have received emails saying it is an insult to women to say that a father is needed. I think it is disdain for children and the facts to say that fathers do not mostly make a positive difference.

So much to say, so little space, but let's say something about those universities that say hooey to Western civilization while focusing instead on courses about identity groups. Let's wonder why they feel justified to forget Shakespeare in English courses. What happened to the Boy Scouts? Is it OK to fire people on the basis of normal political beliefs? Are you aware that trust is evaporating in America? What has the opioid crisis told us? What has happened to the objectivity standard in the reporting of certain news outlets? Are Halloween costumes the new evil?

America almost always pretty much fixes itself, but this shutdown could go on for a while. Nevertheless, happy New Year and please make resolutions to help.



By JAY AMBROSE
Tribune News Service

Winter Solstice in Las Vegas: Sins Stay There

LITERARY NOOK

By JOEY 'PEPE BATBON' CONNOLLY

Special to the Saipan Tribune



Joey "Pepe Batbon" Connolly is a retired teacher and has been named a poet laureate of Tinian. He has taught English in CNMI public schools for the past 30 years. He has also taught in Alaska, New Orleans, and Las Vegas.

"Let us love winter for it is the genius of spring." Pietro Aretino

December in the city of Las Vegas in the northern Mojave the Bellagio's famous flower display advertises Coke bears up and down the strip folks drink soft drinks, booze, coffee giving all the Xmas displays and decorations stops and stares outside temperatures range from forty to sixty degrees F at night the waxing winter moon shines high up in the sky wailing cop cars and ambulances enough to make you deaf casinos patrons knowing nothing of math make one more try beneath flood channel bridges homeless get off the street cowboys buck broncs and ride bulls at the National Rodeo sugar plum fairies and mice dance in the Nutcracker Suite money flows across tables and into slots in every casino now the daylight hours begin to lengthen and daily increase the world's tilting axis brings warmth and hopefully peace.

Washington, D.C. Winter Wails as 45 Assails

"new pangs of mortal fear our minds assail" - John Dryden

In this Washington winter of my dystopic discontent I tried using every distraction that popped into my befuddled mind any insult to which my distorted view of America applied defamation, denigration of others, temper tantrums unkind my base reads my twaddling tweets coming out in the dark repeated on cable TV shows and in national newspapers their messages full of glaring distortions, angry and stark stereotype immigrants as drug dealers, murderers, rappers even my own bluster and blabbing I often don't understand disingenuous dangerous dreck, off the cuff cabalist souse I have distorted the office of the Presidency across the land and bring shame disgrace and denial into the White House God bless the United States of America but I shut the door and place myself and personal business at my central core.

The appalling normalcy of gun violence in America

Less than two months ago, Ian Long walked into the Borderline Bar and Grill in Thousand Oaks and began firing two semiautomatic handguns, killing 11 people in the bar and wounding an arriving sheriff's deputy (who tragically was killed when struck by a round fired by another arriving officer) before turning one of his guns on himself.

Raging wildfires that led 75% of Thousand Oaks' residents to evacuate less than two weeks later overwhelmed the tragedy in the public's mind, which is a tragedy of another sort. Yes, the fires were awful. Statewide they killed more than 100 people, 86 in the Camp fire alone, while damaging or destroying nearly 20,000 buildings worth at least \$9 billion (in the areas hit by the Camp, Woolsey and Hill fires). About 1.8 million acres burned in total, a record.

LETTER TO THE EDITOR

Thank you

Thank you for your wonderful and encouraging comments to my colleagues at the Department of Public Works. I noticed in the article that the word "struggle" was mentioned five times, and I don't recall mentioning that DPW was struggling. It sounded unappreciative of our own people who are hard at work restoring our islands to its beauty and cleanliness. I was asked as to what is the timeline for completing the typhoon debris cleanup, and I said I'm not sure at this time, and then I went on to say that the mayor and DPW (crew) are working hard to clean up the typhoon debris along roadways, and you're absolutely right, they all deserve our deepest appreciation and gratitude, and our *dangkulu na si'yu'us ma'ase* goes to the mayor of Saipan, the secretary of the Department of Public Works, and the hard-working men and women from these agencies.

Thank you and happy new year!

Enrique Dela Cruz

Director, Solid Waste Management. Division Lower Base Transfer Station, DPW

By SCOTT MARTELLE
Los Angeles Times



Wildfires have always been a part of nature in California. One could argue that gun violence is part of California's nature too, though the latter is something we could do more to control. But first we have to pay closer attention to the problem.

So far this year California has endured 24 incidents in which at least four people were hit by gunfire, one of the definitions of a mass shooting. The Borderline attack was the deadliest, accounting for a quarter of the 50 deaths statewide in such shootings this year. An additional 136 people were shot in those incidents but survived, according to statistics gathered by the Gun Violence Archive.

It's not just us. Nationwide, there have been 337 mass shootings killing 354 people and wounding or injuring 1,341. That's a lot of carnage arising from anger or mental illness and too-easy access to firearms.

And the scope of our problem is even broader, because most of our killings and shootings occur in ones and twos. As of early Friday morning, the Gun Violence Archive had counted 56,026 incidents of guns fired at humans nationwide this year, or about 155 a day. That's a pace of 6.4 shootings an hour.

The body count? An astounding 14,392 people killed — and that doesn't include gun suicides, which amount to almost twice the number of people shot by others. An additional 27,766 people were wounded or injured in those 56,062 gunfire incidents.

So the total tally so far is 42,158 people killed or wounded by others firing guns so far this year, or 166 people per day, a pace of 4.8 victims per hour.

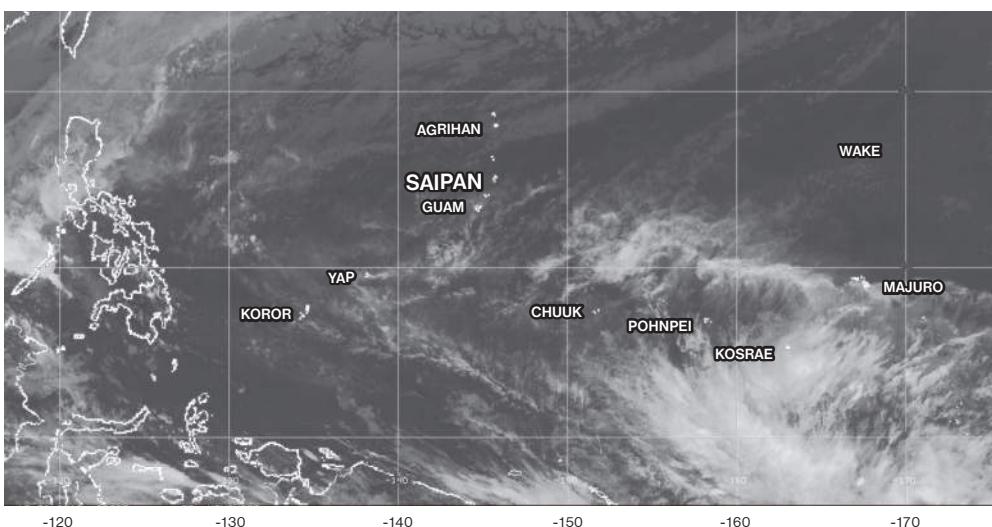
The most appalling part? This is what we accept as normal. Happy New Year.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mostly cloudy and breezy with scattered showers. Northeast winds 15 to 25 mph.	Mostly cloudy with scattered showers.	Partly cloudy with isolated showers. Breezy in the daylight hours.	Partly cloudy with isolated showers. Breezy in the daylight hours.	Partly cloudy and breezy with isolated showers.
88°	77°	88°	77°	88°
77°	88°	77°	88°	77°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 10:01 AM, SUNDAY, DECEMBER 30, 2018

Western North Pacific between equator and 25N from 130E to 180.

A shear line is currently cutting across the Marianas near Alamagan. On visible satellite this shear line can be traced all the way back to its originating low pressure system, currently located near Shemya. It ends up stretching about 6000 miles from Shemya to the Philippines. Winds today and tonight will be moderate and showers isolated, then on Monday the shear line will start affecting the forecast zones. Likely showers will be scattered and winds will be fresh to strong. Seas will also increase, making a high risk of rip currents a virtual certainty, and a high surf advisory will be possible. Afterward, winds are expected to stay elevated through the forecast period, and likely for some time beyond. The showers will normalize toward a dry season posture though. Yesterday afternoon, the shear line was near Asuncion, or 19.7N and 145.4E. This morning, it is near Alamagan, or 17.6N and 145.9E. So it is definitely moving southward at a respectable clip, and it will be the single biggest influence on our weather.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲	▼	°F
Guam and Rota	Showers	84°	/	79°
Palau	Showers	85°	/	79°
Yap	Showers	86°	/	80°
Chuuk	Showers	85°	/	80°
Pohnpei	Showers	85°	/	78°
Kosrae	Showers	85°	/	78°
Majuro	Partly Cloudy	85°	/	80°

AROUND THE GLOBE		▲	▼	°F
Auckland	Partly Cloudy	73°	/	64°
Beijing	Sunny	37°	/	12°
Hong Kong	Cloudy	57°	/	52°
Honolulu	Mostly Sunny	81°	/	72°
London	Partly Cloudy	46°	/	41°
Los Angeles	Mostly Sunny	67°	/	46°
Manila	Partly Cloudy	86°	/	75°
Melbourne	Partly Cloudy	79°	/	61°
Miami	Mostly Sunny	79°	/	75°
New York	Showers	44°	/	41°
Osaka	Sunny	52°	/	39°
Paris	Partly Cloudy	46°	/	37°
Busan	Sunny	43°	/	27°
Rome	Sunny	55°	/	37°
Salem	Showers	70°	/	59°
San Francisco	Sunny	56°	/	43°
Seoul	Sunny	34°	/	12°
Tokyo	Partly Cloudy	45°	/	32°
Washington, DC	Showers	49°	/	46°



NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- *11 on any IT&E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

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FLIGHT SCHEDULE AS OF DECEMBER 20, 2018

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117 9:15am 9:55am Daily				UA174 7:30am 8:11am Daily			
UA105 4:45pm 5:25pm 2, 4				UA104 3:00pm 3:41pm 2, 4			
SAIPAN-BUSAN (PUS)				BUSAN (PUS)-SAIPAN			
7C3451 3:15am 6:30am Daily				7C3452 9:35pm 2:00am+1 2, 3, 4, 5, 6, 7			
SAIPAN-SEOUL (ICN)				7C3452 10:05pm 2:00am+1 1			
0Z626 2:10am 6:00am 1				SEOUL (ICN)-SAIPAN			
0Z626 2:50am 6:40am 2, 3, 4, 5, 6, 7				7C3402 10:10am 3:30pm Daily			
7C3401 4:30pm 8:25pm Daily				0Z625 7:40pm 1:00am+1 7			
TEMPORARILY SUSPENDED:				0Z625 8:20pm 1:40am+1 1, 2, 3, 4, 5, 6			
TW9308 1:10am 4:10am 3, 4				TEMPORARILY SUSPENDED:			
TW308 1:35am 5:20am Daily				TW9307 6:30pm 12:10am+1 2, 3			
TW9308 3:20am 6:30am 2				TW307 7:00pm 12:35am+1 2, 3, 4, 5, 6, 7			
TW9308 3:25am 6:30am 5				TW307 7:05pm 12:35am+1 1			
7C3403 4:35am 8:25am Daily				TW9307 9:00pm 2:20am+1 1			
SAIPAN-SHANGHAI (PVG)				TW9307 9:05pm 2:55am+1 4			
3U86486:10am 8:50am 1, 4, 5, 7				7C3404 10:10pm 3:40am+1 Daily			
SHANGHAI (PVG)-SAIPAN				HANGZHOU (GHH)-SAIPAN			
3U8647 10:20pm 4:50am+1 3, 4, 6, 7				JD395 8:05am 3:30pm 4			
SAIPAN-HANGZHOU (GHH)				JD395 9:35pm 5:00am+1 7			
JD396 7:30am 11:00am 1				GUANGZHOU (CAN)-SAIPAN			
JD396 4:50pm 7:55pm 4				3U8645 7:55pm 2:40am+1 1, 5			
SAIPAN-BEIJING (PEK)				BEIJING (PEK)-SAIPAN			
MU764 1:30am 6:35am 3, 5, 7				MU763 4:40pm 12:30am+1 2, 4, 6			
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
UA117/183 9:15am 9:40pm 2, 5 via GUM				UA182/174 12:40am 8:11am+1 3, 6 via GUM			
UA117/183 9:15am 9:50pm 1, 3, 4, 6, 7				PR110/UA174 10:05pm 8:11am+1 Daily via GUM			
UA117/193 9:15am 11:50pm 2, 5 via GUM-ROR				UA192/174 10:30pm 8:11am+1 2, 5 via GUM-ROR			
UA105/183 4:45pm 9:40pm 2 via GUM				UA184/174 10:55pm 8:11am+1 1, 3, 4, 6, 7 via GUM			
UA105/183 4:45pm 9:50pm 4 via GUM							

As 2018 comes to a close, we look back and reflect on the blessings the year has bestowed upon us... as well as the hardships we challenged that brought our people and our islands together.

Since 1985, along with the customers like you who continue to trust our products, our team and our service — it is our island community as a whole who stood by us through sun and storm that inspire us to keep our promise in serving you the best quality water and service in the Marianas.

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At Saipan Ice & Water, we wholeheartedly THANK YOU for welcoming us into your homes and offices and allowing us to become a part of your family these past 33 years. We look forward to serving you in 2019 and in all the years to come.

2019
HAPPY NEW YEAR!

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Business

Trade war, profits, marijuana: Markets saw it all in 2018

By ALEX VEIGA
AP BUSINESS WRITER

Wall Street started 2018 strong, buoyed by a growing economy and corporate profits. It isn't ending that way.

U.S. stocks climbed to new highs early, shook off a sudden, steep drop by spring and rode a wave of tax cut-juiced corporate earnings growth to another all-time high by September. Then the jitters set in.

Investors grew worried that the testy U.S.-China trade dispute and higher interest rates would slow the economy, hurting corporate profits. A slowing U.S. housing market and forecasts of weaker global growth in 2019 stoked traders' unease.

In October the market entered a volatile skid as traders sold technology companies and other growth sectors in favor of less-risky assets, such as government bonds.

The autumn sell-off knocked the benchmark S&P 500 index into a correction, or a drop of 10 percent from its all-time high, and on track for its worst year in a decade.

VIVA VOLATILITY

The stock market's gyrations grew more volatile in 2018 as investors faced uncertainty over trade and rising interest rates. The benchmark S&P 500 index slid into a "correction," or a drop of 10 percent from its high, twice this year. Bond yields surged as investors sought less risky investments, though gold weakened after rallying early in the year.

EVERYTHING STRUGGLED

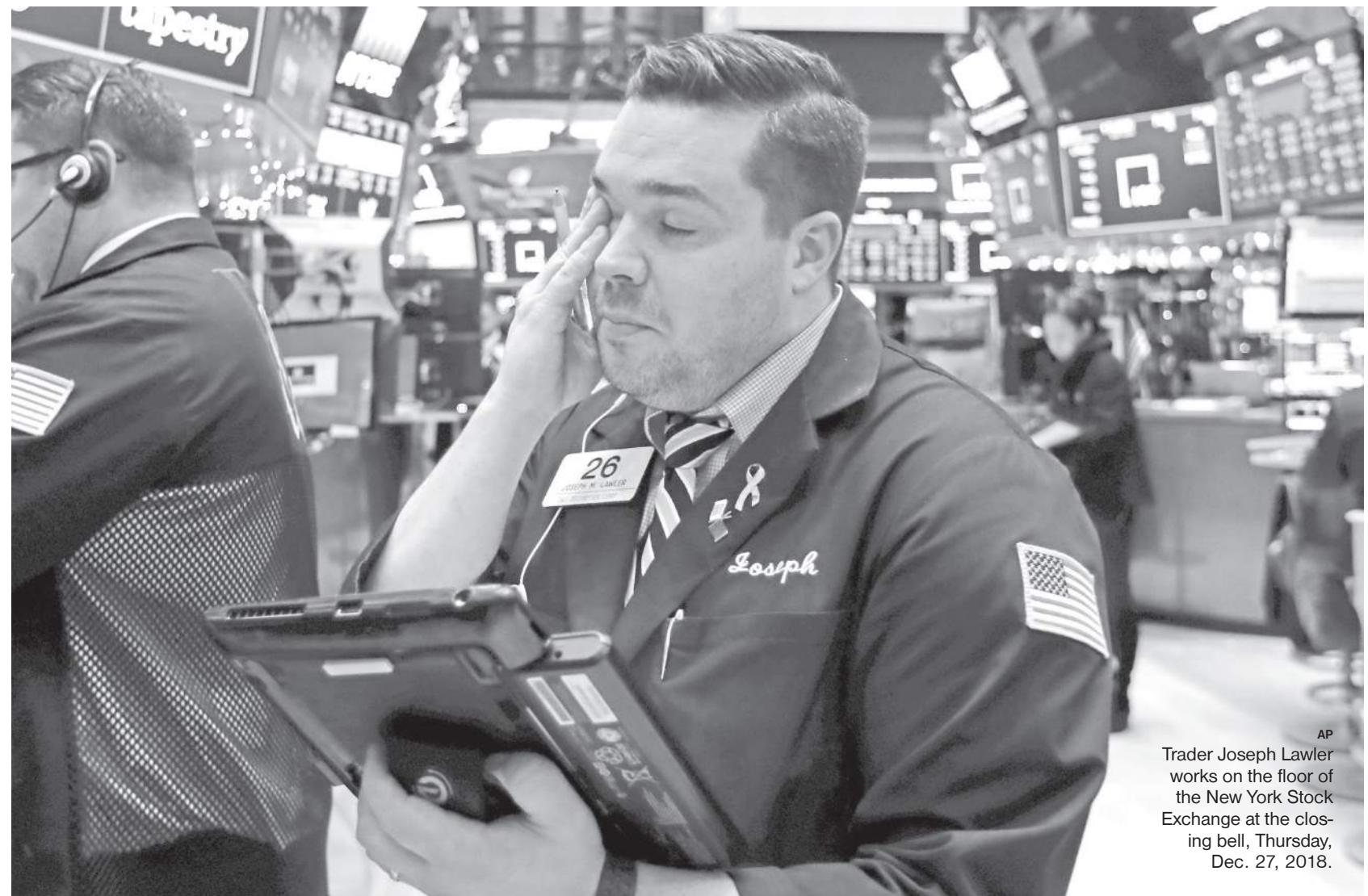
"Diversify" is one of the bedrock tenets of investing, and it's supposed to shine brightest when markets are turbulent. The hope is that if U.S. stocks are struggling, markets in other areas of the world will be doing better. Or bonds. Or gold. This year, though, nearly everything has been a loser.

ECONOMIC HEADWINDS

The pace of global economic growth will slow next year, the Organization for Economic Cooperation and Development said recently. Trade growth and investment have been slackening on the back of tariff hikes, the Paris-based economic think tank says. It warns world economic activity could be weaker in the years ahead if the U.S. and China impose further penalties on each other's goods.

TRADE TREMORS

President Donald Trump said



AP
Trader Joseph Lawler works on the floor of the New York Stock Exchange at the closing bell, Thursday, Dec. 27, 2018.

early this year that trade wars are good and "easy to win," but worries about the effect of tariffs on international trade—and corporate profits—have weighed on stocks. Boeing's stock became a proxy of sorts for investors as worries about trade waxed and waned. Boeing got more than half its revenue from abroad in the last year, including about 12 percent from China, according to FactSet.

PROFIT POWER

Corporate America's earnings growth surged in 2018, driven by lower tax bills and a growing economy. The strong results helped to briefly spur the stock market to new highs.

More recently, investors have grown concerned that 2018 may be the peak for corporate profit growth, especially given recent signs that the global economy is slowing. That's one reason analysts are forecasting more modest earnings growth next year.

DO YOU SUBSCRIBE?

Facebook and Alphabet, Google's parent company, were longtime market favorites until mid-2018. Facebook faced controversies related to user privacy and concerns its services enabled election meddling and contributed to violence overseas. Analysts projected a slowdown in user growth. Investors also be-

gan to wonder if Facebook, Google, Snap and other tech companies will face new regulations. Twitter fared better after several rough years.

OIL SLICK

Falling oil prices used to be welcome news in the U.S., but that was before the oil boom of the last decade. A drop in oil can still mean lower gas prices for drivers. But this year's 40 percent plunge from a four-year peak of about \$76 a barrel in October is unequivocally bad news for the oil companies that have helped domestic production roughly double over the past seven years.

NOT HOME

The U.S. housing market stalled in 2018 as years of prices climbing faster than incomes coupled with a steady rise in mortgage rates took their toll. The higher borrowing costs and prices have put homeownership out of reach for many would-be buyers. Sales of existing homes posted their biggest annual drop in four years in October. Economists are forecasting further weakness in housing next year and higher mortgage rates.

BIG AND SMALL

Smaller stocks surged this spring as trade tensions dominated the headlines. Investors believed those companies,

which do less business overseas compared to larger companies, would feel less pain during a prolonged trade dispute. But smaller companies are also weaker financially and are more likely to struggle when the U.S. economy slows, and Wall Street grew

very worried about that possibility later in the year. That caused huge losses.

HIGH, AND LOW, TIMES

A majority of U.S. states have legalized marijuana to varying degrees, and U.S. companies

are scrambling to get in on the action. Both the NYSE and Nasdaq saw their first purely cannabis companies list shares in 2018. But stocks in the companies that produce and sell marijuana have largely underperformed the overall market this year.

New year, higher pay: 2019 changes affecting small business

NEW YORK (AP)—Many small businesses will see their labor costs increase in 2019.

Seventeen states are raising their minimum wages Jan. 1, and a number of others will follow suit later in the year. Some of the increases were scheduled by legislation passed in the last few years. Others are in response to the rising inflation rate. The minimum is also going up in some major cities, among them Oakland and other California cities.

Many owners with minimum-wage workers also give raises to their other employees when there is a government-mandated increase. Bosses need to avert any resentment that could arise when some staffers get a bump-up and others don't.

Pay is also expected to be rising, possibly later in the year, for some salaried workers. The Labor Department is expected to issue early in 2019 its regulations on which

employees must be paid overtime, and which are exempt. The Trump administration is rewriting rules written during the Obama administration that would have doubled the pay threshold at which workers would be exempt from overtime, to \$47,476 from \$23,660.

An estimated 4.2 million people would have been able to begin earning OT under the rules. The new rules are expected to raise the threshold—the question still is, by how much?

The overtime rules are most likely to affect workers with jobs like shift supervisor or assistant manager at restaurants and retailers or manufacturing companies. Many owners have already thought about how to protect their margins from a surge in labor costs.

Some have said they plan to give affected staffers raises that would put them above the Labor Department threshold. Others have said they will pay

these staffers hourly but limit how many hours a day or week they work.

MILEAGE RATES GOING UP

The IRS has raised its standard mileage rate for deducting the cost of using a car for business during 2019; it will be 58 cents per mile, up 3.5 cents from 2018. The standard mileage rate is one of two methods for owners to account for how much they spend when they use a car for business; the second is based on actual expenses. Under that method an owner must calculate the percentage of miles the car is driven for business, and apply that percentage to expenses like lease payments, fuel, maintenance, repairs, insurance and depreciation.

Under the new tax law, employees cannot claim a deduction for the use of their own cars on behalf of their companies.

Nation

Florida school shooting voted top news story in AP survey

NEW YORK (AP)—The mass shooting at a Parkland, Florida, high school—which killed 17 students and staff, and sparked nationwide student-led marches for gun control—was the top news story of 2018, according to The Associated Press' annual poll of U.S. editors and news directors.

The No. 2 story was the investigation by special counsel Robert Mueller into whether Donald Trump's election campaign coordinated with Russia. It was one of several major stories—in a year jam-packed with dramatic developments—in which the U.S. president played a role.

A year ago, the surge of #MeToo sexual misconduct allegations that toppled many powerful men was voted the top news story of 2017. The continuing momentum of #MeToo in 2018 was this year's No. 3 story.

The first AP top-stories poll was conducted in 1936, when editors chose the abdication of Britain's King Edward VIII.

Here are 2018's top 10 stories, in order:

1. Parkland school shooting: It happened on Valentine's Day—an act of senseless hate by a gunman with a semi-automatic rifle

who killed 14 students and three staff members at Marjory Stoneman Douglas High School. Previous mass shootings had prompted passionate calls for tighter gun-control laws, but this time was different. A group of student survivors at the school, soon joined by allies nationwide, launched the March for Our Lives movement that organized massive walkouts and peaceful protests at schools across the country. The movement remains active, and has helped energize the broader campaign for tougher gun laws.

2. Trump-Russia probe: Throughout 2018, Mueller's team investigated whether Trump's campaign colluded with Russia ahead of the 2016 election and whether the president obstructed the investigation. The evidence so far shows a broad range of Trump associates had Russia-related contacts during the campaign and transition period; some former Trump aides have been indicted for lying. In a separate case in New York, prosecutors say Trump directed his personal lawyer Michael Cohen to make illegal hush money payments to two women in a bid to quash potential sex

scandals during the campaign.

3. MeToo: The #MeToo movement, which surfaced late in 2017, maintained its momentum throughout 2018 as many more powerful men were forced to account for past instances of sexual assault and misconduct. Once-revered comedian Bill Cosby was sentenced to prison; so was Larry Nassar, the former Michigan State and USA Gymnastics sports doctor convicted of molesting hundreds of young women. Disgraced Hollywood mogul Harvey Weinstein was charged with rape. And Les Moonves was ousted as top executive at CBS after a dozen women accused him of sexual misconduct.

4. Mass shootings: When a Marine combat veteran shot dead 12 people at a country music bar in California in November, it was a grim "Not again" moment for many Americans—the fifth mass shooting of the year in the U.S. that produced nationwide shock and sorrow. In May, two months after the Parkland shooting, eight students and two teachers were killed at a high school in Santa Fe, Texas. In June, a gunman shot dead five employees at the Capital Gazette newspaper in

Annapolis, Maryland. And in October, 11 people were killed at the Tree of Life synagogue in Pittsburgh during Shabbat morning services.

5. U.S. midterm elections: With Donald Trump on the minds of many voters, Democrats managed to flip about 40 seats in the House of Representatives to seize control of that chamber from Republicans. Democrats also flipped several governorships around the country. But the GOP boosted its slim majority in the Senate and will have a 53-47 edge in the next session of Congress.

6. U.S. immigration: Events along the U.S.-Mexico border produced yearlong drama and controversy. At the height of the midterm election campaign, President Trump deployed thousands of Army troops to the border, warning of threats from a caravan of migrants who'd journeyed from Central America. Earlier, a zero-tolerance order from Trump resulted in more than 2,500 migrant children being separated from their families. The practice sparked global outrage from politicians, humanitarians and religious groups; images of weeping children and anguished parents

were splashed across newspapers and television.

7. Kavanaugh hearings: Trump nominee Brett Kavanaugh was narrowly confirmed to fill a vacancy on the U.S. Supreme Court after explosive Senate hearings on allegations of sexual harassment and assault stemming from his high school and college years. While millions of Americans watched on TV, senators heard testimony from Kavanaugh, who denied any wrongdoing, and accuser Christine Blasey Ford, who said he attempted to rape her during a party when they were in high school. Kavanaugh's presence on the high court gives its conservative bloc a 5-4 majority.

8. California wildfires: The most populous state endured an epic year for wildfires, culminating with devastating November fires occurring simultaneously 450 miles apart. The Camp Fire in Northern California swept through the city of Paradise, killing at least 86 people—the deadliest U.S. wildfire in a century. Nearly 14,000 homes and hundreds of businesses were destroyed. In Southern California, three people died and 1,500 struc-

tures were destroyed by the Woolsey Fire. The two fires and a third smaller blaze produced \$9 billion in initial insurance claims; debris cleanup is pegged at \$3 billion.

9. Climate change: Worsening natural disasters around the world intensified the focus on climate change; delegates at a global summit in Poland negotiated an agreement on the next steps to minimize harm. In the U.S., a government report warned of devastating impact, prompting pushback by President Trump.

10. Khashoggi killing: For weeks, Saudi authorities issued a variety of denials. But eventually it became clear that Washington Post columnist Jamal Khashoggi was killed on Oct. 2 inside the Saudi Consulate in Istanbul. Khashoggi, a native of Saudi Arabia, was fiercely critical of its royal regime and the Saudi role in the catastrophic war in Yemen. The murder has had major diplomatic repercussions, in part because of widespread belief that Saudi Arabia's powerful crown prince, Mohammed bin Salman, was involved. The U.S. Senate passed a measure blaming the crown prince for the death, a move opposed by President Trump as he tries to preserve close U.S.-Saudi ties.

Commonwealth Utilities Corporation Office of the Executive Director REQUEST FOR PROPOSALS CUC-RFP-18-032

Supply, Installation and Commissioning of a 1.5 MW Trailer Mounted Diesel Generating Set with Enclosure for the CUC Power Plant No. 3, Saipan, CNMI

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified firms for the Supply, Installation and Commissioning of a 1.5 Mega Watt Trailer Mounted Diesel Generating Set with Enclosure for the CUC Power Plant No. 3 Saipan, Commonwealth of the Northern Mariana Islands.

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 (non-refundable) for one RFP package set. The RFP package consisting of the specifications and plans for the project, will be provided in a CD or emailed to the registered email ID. Prospective Proposers must pre-register with the CUC Procurement & Supply Division.

One (1) original and four (4) hard copies, along with an electronic copy of the proposal on a compact disk in PDF format or USB Drive, must be submitted in a sealed envelope marked "CUC-RFP-18-032, Supply, Installation and Commissioning of a 1.5 MW Trailer Mounted Diesel Generating Set with Enclosure for the CUC Power Plant No. 3, Saipan, CNMI" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than January 3, 2019 at 10:00 AM (ChST). Late submissions and conditional proposals will not be considered.

A Proposal Guarantee of fifteen (15%) percent of the total proposal price must accompany the proposals. The security deposit may be in cash, certified check, cashier's check, or proposal bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful Proposer. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety.

Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands, for the protection of all persons supplying labor and material to the contractor or its subcontractors for the performance of the work provided for in the contract.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Proposers are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

Discussions may be conducted with responsive offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. Offerors shall be accorded fair and equal treatment with respect to any opportunity to discuss and revision of proposals, and such revision may be permitted after submission and prior to award for the purpose of obtaining the best and final offers. During discussions, there will be no disclosure of any information derived from proposals submitted by competing offerors. All Offeror are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. Offeror are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All responses to this RFP should take into account any and all taxes, including excise tax, which will become the obligation of the proponent awarded a contract. Successful proponents will be required to submit a copy of a valid CNMI Business license in compliance with the Contractor's Registration and Licensing Laws of the Commonwealth of the Northern Mariana Islands, upon award of the contract. The Contractor and all subcontractors will be obligated to pay wage rates not less than the current CNMI minimum wage, prevailing through the period of contract, as indicated in the web page: <https://marianaslabor.net/>. The proponents shall be required to comply with all applicable CNMI and Federal Laws.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than 10:00 AM (ChST) on December 14, 2018 to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan@cucgov.org with a copy to yvonne.cabral@cucgov.org, CUC-Power Generation Manager, Richard Cano via email address richard.cano@cucgov.org and Christie Sablan, CUC Purchasing Assistant via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY CAMACHO
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator



Commonwealth Utilities Corporation Office of the Executive Director REQUEST FOR PROPOSALS CUC-RFP-19-001

Repair of CUC Power Plant No. 2 Building Structure, Lower Base, Saipan, CNMI



The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified firms for the Repair of CUC Power Plant No. 2 Building Structure, Saipan, Lower Base, Commonwealth of the Northern Mariana Islands.

The work includes replacement of various building elements which were damaged due to the Typhoon Souledor and also additional work required to strengthen the facility for improving its integrity with a view of withstanding elements of nature. CUC has performed partial work under an ongoing contract with another contractor.

This project is funded by the Federal Emergency Management Agency (FEMA). The award of this project is contingent upon receipt of approval for project award from the above mentioned funding agencies.

CUC requires the Project to be completed in 150 calendar days from the date of issuance of the Notice to Proceed.

Prospective Proposers must pre-register with the CUC Procurement & Supply Division. The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$150.00 for one RFP package set.

A Pre-proposal Conference will be scheduled on December 18, 2018 at 10:00 am (ChST), at the power plant conference room, followed by a site visit. All attendees are required to arrive with appropriate Personal Protection Equipment (PPE). *The attendance in the conference and site visit is mandatory to ensure that the parties are fully familiar with the existing site conditions.*

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked "CUC-RFP-19-001 - Repair of CUC Power Plant No. 2 Building Structure, Saipan, Lower Base, CNMI", to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 AM (ChST) on January 4, 2019. Late submissions and conditional Proposals will not be considered. Proposal shall be submitted on the provided Proposal Forms. Proposers are required to complete all Proposal Forms. Proposers may supplement the form as appropriate. Proposers will be required to be submitted under a condition of irrevocability for a period of 90 days after submission.

A Proposal Guarantee of fifteen (15%) percent of the total Proposal price must accompany the Proposals. The security deposit may be in cash, certified check, cashier's check, or Proposal bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) percent of the total Proposal price will be required upon the execution of the contract by the successful Proposers. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Proposers are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

Discussions may be conducted with responsive offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. Offerors shall be accorded fair and equal treatment with respect to any opportunity to discuss and revision of proposals, and such revision may be permitted after submission and prior to award for the purpose of obtaining the best and final offers. During discussions, there will be no disclosure of any information derived from proposals submitted by competing offerors.

Proposers are advised that CUC assumes no responsibility in any act of omission on the part of the Proposer due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. Proposers are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to CUC Procurement Regulations.

All questions or requests for clarification will be entertained only from pre-registered Prospective Proposers and must be submitted in writing no later than 10:00 AM (ChST) on December 19, 2018 to Manny B. Sablan, CUC Purchasing Administrator, via email - manny.sablan@cucgov.org with a copy to Venugopal Prabhakara, CUC Project Manager - via email venugopal.prabhakara@cucgov.org and Christie Sablan, CUC Senior Purchasing Assistant via email christie.sablan@cucgov.org.

CUC reserves the right to reject any or all Proposals and waive any imperfection in the Proposal in the best interest of the government. All Proposals shall become the property of CUC.

GARY CAMACHO
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator

Asia



Fears of intimidation, violence as Bangladesh set to vote

DHAKA, Bangladesh (AP)— As Bangladeshis get set to vote in Sunday's parliamentary elections, there are fears that violence and intimidation could keep many away from the polls, including two opposition candidates who said police had barricaded them inside their homes.

Under the decade-long leadership of Sheikh Hasina, whose ruling party hopes to retain power in the elections, Bangladesh's economy has

grown by more than 6 percent annually, lifting millions out of extreme poverty.

Hasina, 71, has been internationally lauded for sheltering the more than 700,000 Rohingya Muslim refugees who streamed across the border into Bangladesh to flee what many call a genocidal campaign by the military in their native Myanmar.

At home, she's developed a strong persona as an iron

lady after her fierce response to a 2016 attack by radical Islamists on a cafe in Dhaka's diplomatic quarter in which 20 hostages, including 17 foreigners, were killed.

But her tenure also has included allegations of mass arrests and jailing of activists and critics on false charges—so commonplace that a term for them in Bengali, "gayebi maamla," has been coined—as well as forced disappearances

and extrajudicial killings.

Among Hasina's imprisoned critics is her archrival, former Prime Minister Khaleda Zia, the 74-year-old leader of the Bangladesh Nationalist Party. Zia is holed up in a colonial-era jail in the old part of Dhaka, Bangladesh's capital, serving a 17-year sentence for mishandling two charitable funds she established while in power.

In the early hours of Friday, Zahiruddin Swapan, a two-time member of Parliament from the BNP, kept The Associated Press on the phone as he attempted to negotiate with security officials whom he said had cordoned off his

house to postpone their raid till daybreak.

Finally, Swapan said, he opened the door after a local police chief threatened to break it down.

In Chandpur, an area south of Dhaka, Sheikh Farid Ahmed, a BNP candidate contesting a seat held by a former foreign minister in Hasina's Cabinet, told the AP on Saturday that he had been blockaded in his home for days after police and Awami League activists took positions around his 7-acre compound.

"They have threatened me not to go outside," Ahmed said. "Police are there and the ruling activists are carry-

ing homemade arms. They allow nobody from outside to meet me."

Since Bangladesh's election commission scheduled the polls in early November, about 15,000 BNP leaders and activists have been arrested, according to party vice chairman Shaukat Mahmood.

Opposition leaders have complained of violent attacks by ruling party supporters.

"We hear from our supporters, 'What's the point? I'm going to lose my life.' Voters are afraid—that's a major challenge for us," Mahmood said Saturday from Zia's former office at BNP headquarters.

"They have threatened me not to go outside," Ahmed said. "Police are there and the ruling activists are carry-

Bali volcano shoots new burst of ash; flights unaffected

DENPASAR, Indonesia

(AP)—A volcano on Indonesia's tourist island of Bali shot a new burst of hot ash into the air early Sunday in the latest of the country's several eruptions within a week.

Mount Agung erupted for about three minutes, spewing white clouds of smoke and ash more than 700 meters (2,300 feet) into the air, the Volcanology and Geological Mitigation Agency said in a statement.

The eruption of the 3,031-meter (9,940-foot) volcano didn't prompt evacuations, and its alert status remains at the second-highest level. The agency warned tourists to stay away from the danger zone in a 4-kilometer (2.5-mile) ra-

dius around the crater.

Agency spokesman Sutopo Purwo Nugroho said that white dust from the eruption blanketed several villages close to the mountain slope in Karangasem district.

Ngurah Rai International Airport spokesman Arie Ahsanurrohim said that flights were operating normally. Authorities said the air around Denpasar, the Bali provincial capital, is clear from ash.

More than 140,000 people had fled the area around the mountain in late September after its alert status was raised to the highest level, indicating an eruption may be imminent. The alert status was lowered two weeks later, allowing for the return of those displaced

Chinese court orders new trial for Canadian in drug case

BEIJING (AP)—A Canadian convicted of drug trafficking in China faces the possibility of more serious charges after a court on Saturday ordered a new trial amid tensions over Canada's arrest of a Chinese technology executive. Robert Lloyd Schellenberg was tried in 2016. But his case has been publicized by the Chinese press following the Dec. 1 arrest of the chief financial officer of tech giant Huawei on U.S. charges related to trading with Iran. Since then, China has arrested two Canadians on charges of endangering national security in what appeared to be retaliation. A Canadian teacher was detained but released. An appeals court agreed with prosecutors who said Schellenberg was punished too leniently when he was sentenced to 15 years in prison on charges of being an

accessory to drug smuggling. Evidence showed it was possible he played an "important role," said the announcement by the Higher People's Court of the northeastern province of Liaoning. It ordered the court in the city of Dalian to try the case again. Authorities have released no details of the accusations against Schellenberg. In a statement Saturday, the Canadian government said it has been following the case. "Global Affairs Canada has been following of this case for several years and has been providing consular assistance to the Canadian citizen since they were first detained in Liaoning, China," spokesman Richard Walker said. "We will continue to provide consular services to them and their family." The Canadian government said earlier it was following the case but has released no details. The maximum penalty for drug trafficking in China is death.

ASIAN BRIEFS

Trump says 'big progress' made in talks with China

WASHINGTON (AP)—President Donald Trump says "big progress" is being made in talks between the U.S. and China to head off further escalation in a yearlong trade war. Trump says Saturday that he had a "long and very good call" with Chinese President Xi Jinping to discuss the talks, which stemmed from their sit-down early this month in Argentina. Trump tweets: "Deal is moving along very well. If made, it will be very comprehensive, covering all subjects, areas and points of dispute." The U.S. wants China to address intellectual property theft and other aggressive measures that have driven Beijing's efforts to supplant U.S. technological dominance. The leaders agreed on Dec. 1 to postpone more tariff hikes to allow for negotiations.

World

Bomb strikes tourist bus near Egypt's Giza Pyramids, kills 4

CAIRO (AP)—A roadside bomb hit a tourist bus on Friday near the Giza Pyramids, killing three Vietnamese and their Egyptian guide, officials said.

The bus was traveling in the Marioutiyah area near the pyramids when the crude roadside bomb, concealed by a wall, went off, Egypt's chief prosecutor Nabil Sadeq said in a statement. The blast wounded 11 other Vietnamese tourists as well as the Egyptian driver.

The bus was carrying a total

of 15 Vietnamese tourists, according to Vietnam's Ministry of Foreign Affairs. It said that 10 were seriously injured.

Vietnamese Ambassador to Egypt Tran Thanh Cong visited the scene of the attack and Al Haram Hospital, where the victims were being treated, the ministry said.

Egypt has battled Islamic militants for years in the Sinai Peninsula in an insurgency that has occasionally spilled over to the mainland, hitting minority Christians or tourists. However, this is the first attack

to target foreign tourists in almost two years.

The attack takes place as Egypt's vital tourism industry is showing signs of recovery after years in the doldrums because of the political turmoil

and violence that followed a 2011 uprising that toppled former leader Hosni Mubarak.

It will likely prompt authorities to further tighten security around churches and associated facilities ahead of the

New year's Eve celebrations and next month's Christmas celebrations of the Coptic Orthodox Church, the dominant denomination among Egypt's estimated 10 million Christians.

Over the past two years, militant attacks against Christians in Egypt—usually targeting churches or buses carrying pilgrims to remote desert monasteries—have killed over a hundred people.



The damaged tourist bus after a roadside bomb in an area near the Giza Pyramids in Cairo, Egypt, Friday, Dec. 28, 2018.

AP

WORLD BRIEFS

2 Israeli ministers to form new party ahead of elections

JERUSALEM (AP)—Two senior Israeli cabinet ministers say they are forming a new party to run in April elections. Education Minister Naftali Bennett and Justice Minister Ayelet Shaked announced Saturday that they are leaving the Jewish Home party. The Jewish Home is a hard-line nationalist party that is especially popular with religious voters and West Bank settlers. Bennett and Shaked said that their new movement, called "The New Right," will have a broader appeal to both religious and secular voters. Bennett has been the leader of the Jewish Home since 2012.

Germany: Drugged driver forces car onto airport tarmac

BERLIN (AP)—A man forced open a locked gate on the security perimeter of Hannover Airport in northern Germany and drove a car onto the airfield Saturday before coming to a halt underneath an airliner and being detained, police said. No one was hurt in the incident, but flights were suspended for more than four hours. Police said a test suggested that the driver, who told them he was a 21-year-old from Poland, was under the influence of drugs and there were no indications that his actions were terror-related. The man drove his BMW onto the airport apron after forcing open a gate, and was pursued by police until he came to a stop underneath a Greek airline's Airbus A320 that was standing on the tarmac with 172 passengers on board, a police statement said. Officers then overpowered the man in his car and arrested him. Takeoffs and landings were halted while police experts examined the car. They found no

traces of explosives, and flight operations resumed shortly after 8 p.m.—about 4½ hours after the man drove onto the airfield. No other dangerous substances were found in the vehicle or on the driver. The man was believed to have acted alone. He apparently has no official residence in Germany.

Congo on Sunday faces a troubled, long-delayed election

KINSHASA, Congo (AP)—Congo's presidential election takes place on Sunday after more than two years of delays. Protests, an opposition outcry and the surprise barring of 1 million voters from the polls over an Ebola outbreak marked the final days of preparations. The country faces what could be its first peaceful, democratic transfer of power as President Joseph Kabila, who took office in 2001, steps aside. Some observers, however, fear further unrest. The election commission chief has worried openly about rebels shooting voters waiting at the polls. With political activities banned in the capital, Kinshasa, in the final days, residents instead gathered at newsstands to fiercely debate the fate of a country wealthy in minerals crucial for the world's smartphones and electric cars and yet desperately underdeveloped.

The activists said hundreds also took to the streets Friday in the railway city of Atbara north of Khartoum, Obeid in the western North Kordofan province, and Senar and Wad Madani south of the capital. They spoke on condition of anonymity because they feared reprisals.

They said police used tear gas to disperse protesters in the Khartoum suburb of Omdurman, a traditional hotbed of dissent. There were no reports of casualties.

Friday's protests were the latest in a wave of demonstrations that began across much of Sudan on Dec. 19, first against price rises and shortages but which later turned against Bashir, in power since a 1989 military coup he led. They coincide with worsening economic woes that saw a currency devaluation spiking prices, fuel shortages and a steep rise in the price of bread,

a main fare for most Sudanese.

The government says elections are the only legitimate means for "regime change" and insists that "subversive elements" have infiltrated the ranks of peaceful protesters. Lawmakers loyal to Bashir are rallying support in the legislature for constitutional amendments to allow Bashir, who is in his mid-70s, to run for election in 2020.

On Friday, the spokesman for U.N. Secretary General Antonio Guterres said he wanted authorities in Sudan to conduct a "thorough investigation" of the deaths and violence during the protests. "The Secretary-General emphasizes the need to safeguard freedom of expression and peaceful assembly," the spokesman said.

London-based rights group Amnesty International says it has "reliable reports" to show that 37 people were killed in the first five days of unrest. The United States, Britain, Canada and Norway have expressed concern about the use of lethal force by security forces against protesters and are demanding an investigation.

On Thursday, the government gave its first casualty figures from the unrest. It said 19 people were killed in the protests and more than 200 pro-

testers were wounded. Nearly 190 members of the security forces were wounded, it added.

As in previous protests, participants numbered in the hundreds or very low thousands, but the continuing defiance of the government in the face of security forces accused of using lethal force indicate a high level of popular discontent.

But it's too soon to speculate on whether these relatively modest numbers could force Bashir to step down. They may embolden top army commanders to counsel the president to quit in the nation's interest, although another general at the helm is unlikely to placate the Sudanese. A protracted uprising would likely paralyze the country and turn into the kind of chaos seen in Libya, whose 2011 revolt turned into a civil war that has left the country divided to this day.

Sudan's military has dominated the country since independence in 1956 and the ongoing protests bear some resemblance to popular revolts in 1964 and 1985 that toppled military regimes and ushered in democratically elected governments, later overthrown by military coups in 1969 and 1989 respectively.

The protesters in Atbara chanted "the people want to

bring down the regime," the main slogan of the Arab Spring revolts of 2010 and 2011. In Omdurman, they chanted "freedom, peace and justice."

A video clip provided to The Associated Press by the activists and posted online purported to show the scene at a Khartoum mosque where Bashir, an Islamist, performed his Friday prayers. A lone male voice could be heard shouting "Bashir, leave!" The authenticity of the video could not be independently verified.

Friday's protests also coincided with an indefinite strike by doctors and a three-day strike by journalists that began on Thursday.

Also Friday, the activists reported another wave of arrests of opposition leaders, including some of the organizers of an attempted march on Bashir's presidential palace on Tuesday.

The call for the march attracted thousands of participants who clashed with police who used tear gas and rubber bullets to disperse them. Scores were wounded, some seriously.

Among those arrested is the chairman of the liberal Sudan Conference Party and a senior leader of the Communist Party, the latter a key player in past popular uprisings.

Focus

Presidential tweets shutdown blame, no talk of solutions

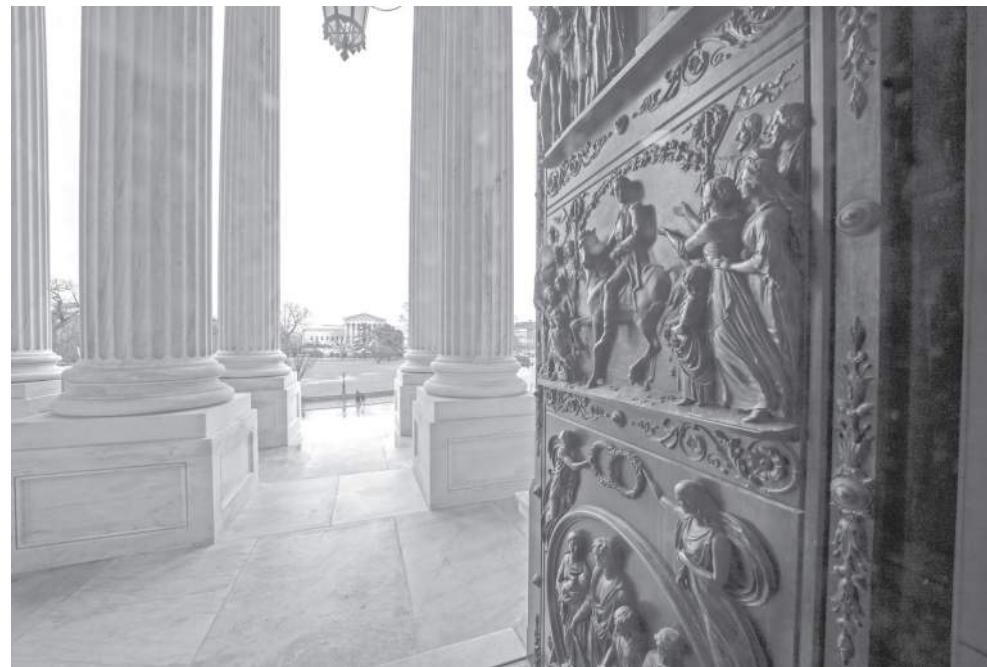
WASHINGTON (AP) — President Donald Trump was firing Twitter barbs at Democrats this weekend as talks to end a weeklong partial government shutdown remained at a stalemate.

Trump was cooped up in the White House after canceling a vacation to his private Florida club.

As the disruption in federal services and public employees' pay appeared set to continue into the new year, there were no signs of any substantive negotiation between the blame-trading parties. Trump held out for billions in federal funds for a border wall between the U.S. and Mexico, which Democrats have said they were intent on blocking.

Trump tweeted Saturday that he was "in the White House waiting for the Democrats to come on over and make a deal on Border Security." But there has been little direct contact between the sides during the stalemate, and Trump did not ask Republicans, who hold a monopoly on power in Washington for another five days, to keep Congress in session.

As he called for Democrats to negotiate on the wall, Trump brushed off criticism that his administration bore any responsibility for the recent deaths of two migrant children in Border Patrol custody. Trump claimed the deaths were "strictly the fault of the Democrats and their pathetic immigration policies that allow people to make the long trek thinking they can enter our country illegally." His comments on Twitter came as his



The ornate doors to the Senate are seen at the Capitol in Washington, Friday, Dec. 28, 2018, during a partial government shutdown. AP

Homeland Security secretary met with medical professionals and ordered policy changes meant to better protect children detained at the border.

Trump earlier had upped the brinkmanship by threatening anew to close the border with Mexico to press Congress to cave to his demand for money to pay for a wall. Democrats are vowing to pass legislation restoring the government as soon as they take control of the House on Thursday, but that won't accomplish anything unless Trump and the Republican-controlled Senate go along with it.

Talks have been at a stalemate for more than a week, after Democrats said the White House offered to accept \$2.5 billion for border security last Saturday. Senate Democratic

leader Chuck Schumer told Vice President Mike Pence that it wasn't acceptable, nor was it guaranteed that Trump, under intense pressure from his conservative base to fulfill his signature campaign promise, would settle for that amount.

Trump has remained out of the public eye since returning to the White House early Thursday from a 29-hour visit to U.S. troops in Iraq, instead taking to Twitter to attack Democrats. He also moved to defend himself from criticism that he couldn't deliver on the wall while the GOP controlled both the House and Senate.

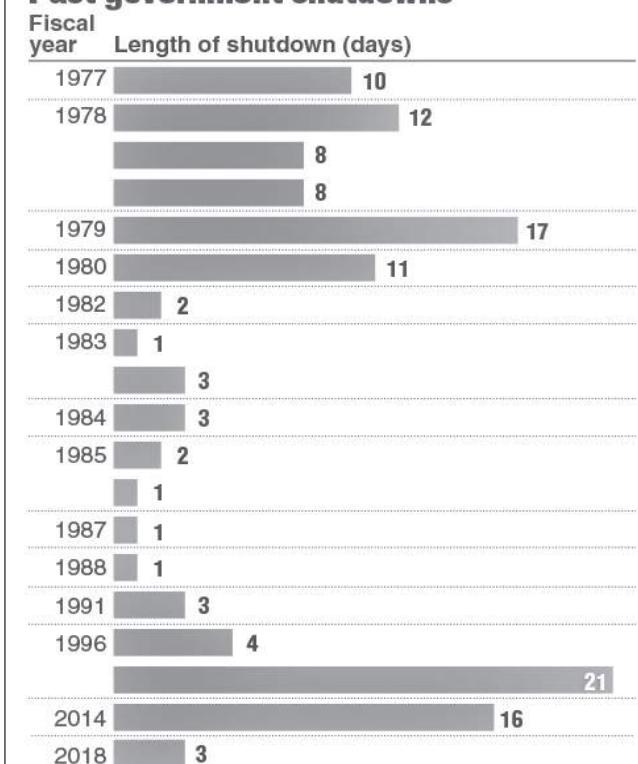
"For those that naively ask why didn't the Republicans get approval to build the Wall over the last year, it is because IN THE SENATE WE NEED 10 DEMOCRAT VOTES, and

they will give us 'NONE' for Border Security!," he tweeted. "Now we have to do it the hard way, with a Shutdown."

Meanwhile, the effects to the public of the impasse grew as the Environmental Protection Agency, which had the money to function a week longer than some agencies, implemented its shutdown plan at midnight Friday night. EPA spokeswoman Molly Block said many of the agency's 14,000 employees were being furloughed, while disaster-response teams and certain other employees deemed essential would stay on the job. That includes workers needed for preventing immediate public health threats at more than 800 Superfund hazardous-waste sites.

Also running short on money: the Smithsonian Institu-

Past government shutdowns



Source: Congressional Research Service

Graphic: Tribune News Service

A look at the impact of the partial government shutdown that began on Dec. 22:

WHAT'S OPEN AND WHAT'S CLOSED

Social Security checks will go out and troops will remain at their posts. Doctors and hospitals will receive their Medicare and Medicaid reimbursements. The U.S. Postal Service is an independent agency and won't be affected. Passport services, which are funded by fees and not government spending, will also continue.

Virtually every essential government agency, including the FBI, the Border Patrol and the Coast Guard, will remain open. Transportation Security Administration officers will staff airport checkpoints.

The air traffic control system, food inspection, Medicare, veterans' health care and many other essential government programs will run as usual. The

AP EXPLAIN: What happens in a partial government shutdown

Federal Emergency Management Agency and Environmental Protection Agency can continue to respond to disasters.

Nearly 90 percent of the Department of Homeland Security's 240,000 employees will be at work because they're considered essential.

Special counsel Robert Mueller's office, which is investigating potential ties between the Trump campaign and Russia, is unaffected by a shutdown. But in New York, the chief judge of Manhattan federal courts has suspended work on civil cases involving U.S. government lawyers, including several civil lawsuits in which Trump himself is a defendant.

As hundreds of thousands of federal workers are forced off the job, some services will go dark.

Farmers hardest hit by the

trade war with China may have to wait for a second round of direct payments from the Agriculture Department, and new farm loans will be put on hold.

In the past, the vast majority of national parks were closed to visitors and campers, but beginning with the last government shutdown, in January, the Interior Department has tried to make parks as accessible as possible despite barebones staffing levels. Some are staying open thanks to funding from states and charitable groups, but others are locked off.

In Washington, popular museums, art galleries and the National Zoo have remained open by using unspent funds, but the money is running out and they will close starting midweek if the shutdown continues.

FEDERAL WORKERS STILL GET PAID — EVENTUALLY

While they can be kept on the job, federal workers won't be paid for days worked during the lapse in funding. In the past, however, they have been repaid retroactively even if they were ordered to stay home. The Senate already has passed legislation ensuring that workers will receive back pay. The House seems sure to follow suit.

But government contractors won't get paid for the time they lose staying home, causing problems for those who rely on hourly wages.

Federal workers are exempted from furloughs if their jobs are national security-related or if they perform essential activities that "protect life and property."

Roughly 420,000 workers

were deemed essential and are working unpaid, unable to take any sick days or vacation, including about 40,000 law enforcement and corrections officers. The Homeland Security employees who will keep working include about 150,000 from the Coast Guard, TSA and Customs and Border Protection.

An additional 380,000 are staying home without pay. They include nearly all from NASA and Housing and Urban Development and about 40,000 from the Commerce Department. About 16,000 National Park Service employees — 80 percent of the agency's workforce — are furloughed.

Also among those furloughed are 52,000 staffers at the Internal Revenue Service, slowing analysis and collection of hundreds of thousands

of tax returns and audits.

SHUTDOWNS HAPPEN

Shutdowns happened every year when Jimmy Carter was president, averaging 11 days each. During President Ronald Reagan's two terms, there were six shutdowns, typically just one or two days apiece.

Before a three-day lapse in January, caused by Democrats' insistence that any budget measure come with protections for young immigrants known as "Dreamers," the most recent significant shutdown was a 16-day partial shuttering of the government in 2013.

That one came as tea party conservatives tried to block implementation of President Barack Obama's health care law. The government also shut down for a few hours last February amid a partisan dispute over deficit spending.

Health & Wellness



Exercise resolve to keep fitness resolutions

By JACK BROOM
THE SEATTLE TIMES

It happens every year. By the time February rolls around, many New Year's resolutions crafted with the best of intentions already have slipped from our thoughts.

They aren't dumped, like the Christmas wrap. Nor carted off, like the tree. They're just tucked away, like that amazing kitchen gadget from Aunt Edna that will stay in the back of a drawer until she visits.

"At the beginning of the year, there are always a lot of new members," said trainer Kirstin Piquette at Seattle Fitness Club in Pioneer Square. "But by February, it's starting to get back to the regular crowd."

Kari Anderson, who, with her husband, owns three Pro-Robics clubs and recently acquired the Gold's Gym on Aurora Avenue North, has seen many resolution-inspired members stay through January but disappear by mid-February. "Some of them even have one-year memberships, but they lose the fire."

But wait. There's hope. A change in outlook and a more realistic approach could be the keys to reviving those good intentions, say those who study the resolution game.

First of all, know that you're not alone. Only 40 percent of those who succeeded with their top New Year's resolution did so on their first try in a 1997 survey conducted by Alan Marlatt, director of the University of Washington's Addictive Behaviors Research Center, and Elizabeth Miller, then a doctoral candidate in psychology.

Seventeen percent of those who reached their goals did so only after more than a half-dozen attempts.

"If people fail, it's important to know what were the obstacles that came up for them on that particular try," said Miller, who has since completed her doctorate and founded her own company, DatStat.com, which does Web-based data collection and management.

Identifying the obstacles to success is the first step toward dealing with them, Miller said. For example, if you were going to run regularly but you just can't make yourself head out in the rain, look at your options for indoor exercise. If your weight-loss goal seems impossibly remote, pick a different target weight.

"Any success is a building block toward future success," Miller said. "That's why it's so important to set realistic goals. It feels good to get a win."

Lisa Talamini, head of programming for Jenny Craig, agrees that when a setback occurs, it's crucial to understand what caused it, and deal with that. "It's not about judging, it's knowing that things happen, and we move on," she said.

Talamini said small successes deserve rewards, but she cautions that the reward shouldn't conflict with the goal. In other words, hitting an interim weight-loss level may call for a movie, a manicure or a round of golf—but not a big gooey dessert.

The twin objectives of getting more exercise and losing weight are favorite fodder for Americans' resolutions. Exercising was the top goal of 37 percent of those in Miller's survey, followed by spending more time

working or studying (23 percent) and eating more healthful food—or less unhealthy food (13 percent).

Miller encourages people to put their resolutions in the form of a behavior, such as getting exercise, instead of an outcome, such as losing weight.

And she sees potential danger in the psychological connection between New Year's Day and self-improvement efforts, a fixation that prompts some people, when they encounter failure, to put their efforts aside until next year.

"I think it's really important people don't feel cornered into making resolutions just at New Year's. You can start on a Monday, an anniversary, a birthday, a sunny day or a rainy day—there doesn't need to be a reason other than today is a new day," she said.

I think it's really important people don't feel cornered into making resolutions just at New Year's. You can start on a Monday, an anniversary, a birthday, a sunny day or a rainy day—there doesn't need to be a reason other than today is a new day."

Pamela Sampel knows exactly what Miller is talking about. In 1999, she resolved to find an exercise program she could stick with. "It was my resolution for the year, but I didn't act on it until June," said Sampel, 41.

Sampel had been a competitive swimmer for 16 years growing up, but a college schedule of work and classes, and the fact that she broke her ankle several times, gradually led her away from physical activity.

"I stopped doing everything," she said. "I became like a couch potato."

As she gained weight and lost strength, lethargy set in. "I had stopped doing things that I enjoyed, like skiing. I told myself I was too busy, but really I just didn't feel in good enough shape."

Several times she tried to get started; several times she failed. In some gyms, she said, she felt intimidated

because the people she saw there seemed "already fit and beautiful." Finally, she found what worked best for her, pairing with a personal trainer.

Trainers provide encouragement, validation and gentle nudges. Sampel's trainer, Piquette, says that if she hasn't seen a client in a while, she'll call them up at home. "I try not to nag," she said. "But I try to find what's going on with them and ask if there's anything I can do."

Less expensive than hiring a trainer, enlisting a friend in an exercise or weight-loss campaign also can improve your chance of success. It can make the workout pass faster, be more fun and provide someone to help note your progress.

"When you have someone who's meeting you there, there's more of a feeling that this is an obligation," Anderson said.

SCIENCE MATTERS

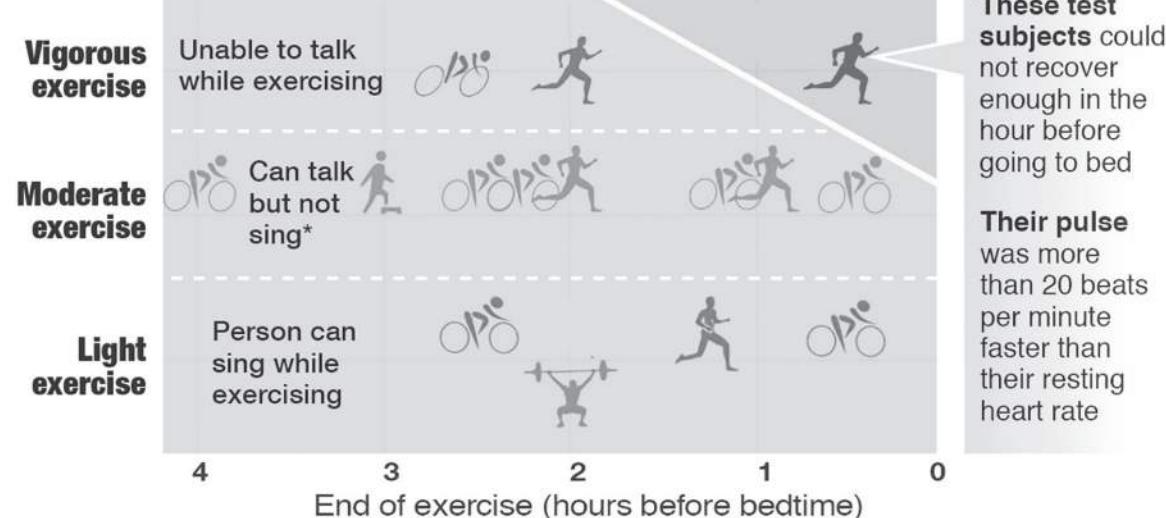
Does evening exercise make sleep worse?

Many worry that evening exercise makes their sleep quality worse.

A new survey of 23 studies found that moderate exercise in the evening is no problem at all.

Sport physicians' official recommendation:
At least 150 minutes of moderate exercise each week

Effect on deep sleep phases (important for physical recovery)



Some evening exercise better than no exercise at all

After doing **some** sport in evening: **21.2%** of sleeping time spent in deep sleep

After an evening without exercise: **19.9%** of time spent in deep sleep

Source: Institute of Human Movement Sciences and Sport at Swiss Federal Institute of Technology in Zurich; TNS Photos
Graphic: Helen Lee McComas, Tribune News Service

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Tan Siu Lin Foundation

Life & Style

Netflix is named AP's Entertainer of the Year

NEW YORK (AP)—After a year like this, Netflix shows no signs of chilling.

The dominant online video streamer started 2018 with almost 118 million subscribers, went on to win its first feature-film Oscar, briefly surpassed Disney as the most valuable U.S. media company, lured the likes of superstar show runners Shonda Rhimes, Kenya Barris and Ryan Murphy—

not to mention Barack and Michelle Obama—and is expected to end the year with 146 million subscribers and a likely best picture Oscar nominee in "Roma."

In a sign of how influential the giant streamer has become, it also got what every celebrity gets—a gentle mocking on "Saturday Night Live." The

sketch comedy show's season-ending episode this month aired a fake ad highlighting Netflix's enormous effort to produce as much content as possible.

"Our goal is the endless scroll. By the time you reach the bottom of our menu, there's new shows at the top," explained the voice over.

For a dominating 12 months,

Netflix has been named The Associated Press Entertainer of the Year, voted by members of the news cooperative.

"There's been so much amazing entertainment this year, and we're proud of the part we've played and humbled by this recognition from the AP," Ted Sarandos, Netflix's chief content officer, said Thursday after being told of the honor.



In Loving Memory of Henry Sablan Santos

February 18, 1955 – December 26, 2018

In his new life, he now joins his:

Father: †Antonio Naputi Santos
Mother: †Rosario Sablan Santos
Brothers: †Ricardo Edward Sablan Santos
 †David Sablan Santos
Sisters: †Francesca Santos Deleon Guerrero
 †Rosaline Santos Camacho
 †Marian Sablan Santos
Brothers/Sister-in-law:
 †Cenon Novero
 †Dolores N. Pescasio
 †Antonio Novero

His memories will forever live in the hearts of his:

Wife: Soledad Novero Santos
Children: Jean Marie A. Santos (Angel, Justin, Terry, Jimmy, Thomas, Nadaline, Jayvin, Alan, Angelica)
 Margaret Frances A. Santos/Joe Mariur (Tyndale S./Richiko Lango (Haity L. Santos), Ethan, Tyneth, Nevaeh, Monique)
 Ria Grace N. Santos
Brothers/Sisters & In-laws:
 †Ricardo Edward S./Dolores A. Santos & Family
 †Francesca S./Lorenzo A. Deleon Guerrero & Family
 Herman S./Belen Santos & Family
 Antonio S./Lydia S. Santos & Family
 †David S./Virginia A. Santos & Family
 Lillian S./Wilfredo Villagracia & Family
 Norman S./Rosa A. Santos & Family
 Albert S./Zerah DLC. Santos and Family
 †Rosaline S./Francisco Camacho and Family
 †Marian S. Santos
 Alicia S./Jesse Alerta & Family
 Claudia S./Derron Flores & Family
 Jesus Malus
Reared:
 Brothers/Sister-in-law
 †Cenon/Gloria N. Novero & Family
 †Dolores N./Segundo Pescasio & Family
 Celedonio/Leonida Novero & Family
 †Antonio/Iluminada Novero & Family
 Felipe/Soledad R. Novero & Family
 Felicidad N./Lamberto Sarmento & Family
 Edgardo/Jessie R. Novero & Family
 Luciza N. Novo Catibayan & Family



Daily mass is being offered beginning December 27 to December 30, 2018, 5pm at San Vicente Church and the following schedule: December 31st, 7:00pm, January 1st, 2019 9:00am, January 2nd, 2019 6:00pm

On Thursday, January 3rd, 2019 his body will be escorted from CHCC Morgue at 7:30am to Mt. Carmel Cathedral where last respect and viewing will be held. Mass of Christian Burial will be held at 11:00am and interment will follow at Chalan Kanoa Cemetery. Lunch will be served at Joeten-Daidai Social Hall.

Thank you and Si Yu'us Ma'ase for your prayers.

Soledad Santos and Family

'The Marvelous Mrs. Maisel' is named AP top TV show of 2018

NEW YORK (AP)—The top 10 TV shows of the year by Associated Press writer Alicia Rancilio.

1 "The Marvelous Mrs. Maisel," on Amazon Prime. From its costumes to the dialogue to the music to the quirky characters, this show is a delight. Watch it to feel good.

2 "This is Us," on NBC. Some suggest the third season has lagged but this show is still solid, and we can't discount how invested the public was in just how Milo Ventimiglia's character, Jack, died. The lead-up and reveal earlier this year launched so many theories, memes, hashtags and jokes about crock-pots. Also, those occasional flash-forwards to show characters in the future keeps us guessing and trying to fill in the blanks between now and then.

3 "Killing Eve," on BBC America. This cat-and-mouse chase between Sandra Oh as an MI5 investigator and Jodie Comer's assassin is great fun to watch. Oh has received many accolades for her work on the show, which are deserved, but Comer is also a standout and should be recognized. She mastered various accents and has a smile that can light up a room, before she pounces to kill you, of course.

4 "Succession," on HBO. This show about a powerful family that owns a major media conglomerate is disturbing, funny, and sad all at once. The characters aren't likable and don't even seem to like each other, but to be a voyeur and watch them interact is worth tuning in for.

5 "Tom Clancy's Jack Ryan," on Amazon Prime. John Krasinski joins Ben Affleck, Alec Baldwin, Harrison Ford and Chris Pine as actors who've portrayed the CIA analyst created by Clancy. In Krasinski's version, he's got brawn and brains and he quickly proves he's a leading man worthy of the role. It's fast-paced, suspenseful, entertaining and season two can't come soon enough.

6 "You," on Lifetime. This show hasn't gotten enough attention. Penn Badgley is masterful as a psychopathic stalker named Joe who charms his way into the heart of a young woman living in Manhattan. There's a scene in the first episode where his character stares at his obses-

sion as she drunkenly teeters on the edge of a subway platform like he's studying an animal in the wild. It's chilling. Catch up because the series is moving to Netflix for its second season.

7 "Escape at Dannemora," on Showtime. The real prison escape that this series portrays was in 2015 and caught the world's attention because of the revelation that the two escapees were helped by a female prison employee. The series, directed by Ben Stiller, is just as interesting. Patricia Arquette, Benicio Del Toro, Paul Dano and Eric Lange dissolve into their characters.

8 "The Clinton Affair," on A&E. This six-part documentary series is an extremely compelling, deep-dive into the events that led up to President Clinton's impeachment. You may remember the news coverage, but there's likely information in this series that will be new. Many of the major players including Monica Lewinsky are interviewed extensively and to see her now, as a 40-something year-old woman, reflect on that period of her life with candor and grace is heartbreakingly inspiring and fitting for this #MeToo era.

9 "grown-ish," on Freeform. Zoey, the eldest child on "black-ish" (played by Yara Shahidi) went off to college and it's worth keeping up with this new phase of her life. "grown-ish" doesn't hold back. The show deals with issues that some college kids are faced with, including abusing pills like Adderall and the hook-up culture. Also, Shahidi has major star

10 "Queer Eye for the Straight Guy," Netflix. No offense to the original "Queer Eye," which was fun, but the reboot kicks things up in a major way. For one, tissues are required for viewing because it gets very emotional. The show doesn't just find men who need a new look, but the five experts go deep into why these guys are stuck in a rut. It's positive and heartwarming and feels like a hug.

Honorable mentions: "The Good Place" on NBC, "Wild Wild Country" on Netflix, "The Handmaid's Tale" on Hulu, "Counterpart" on STARZ, "Jane the Virgin" on The CW, "Crazy Ex-Girlfriend" on The CW and "13 Reasons Why," Netflix.

Top TV moments: 'Roseanne,' Oprah's speech, message funerals

LOS ANGELES (AP)—It was a remarkably dramatic year on television, with much of it unscripted.

While prime-series including "This Is Us" and "Atlanta" reached notable emotional and provocative highs, TV impressively fulfilled its role as witness to gripping real-life events.

We had the chance to see it all unfold: today's barbed politics in unlikely settings; a woman essentially saying MeToo to U.S. senators; the suitably extravagant goodbye to an American queen.

Here are some of the moments with staying power:

OPRAH'S SPEECH

Winfrey's rousing call for social justice in the name of the MeToo movement drew wild cheers in the ballroom at the

Golden Globes in January and reverberated across the land. Pundits and Oprah-whisperers proclaimed it a first step toward a presidential run, and #oprah2020 trended. It's would be a true Hollywood script: an entertainment mogul challenges a reality-show host for the Oval Office. Oprah said no way; the chatter continues.

JACK'S SACRIFICE

The time-shifting series revealed in season one that Jack Pearson (Milo Ventimiglia) was destined to die young, leaving a grieving widow, his unmoored children and viewers tortured by the mystery of what did him in. In episodes airing in January and February, we learned it was a faulty slow-cooker and Jack's boundless sense of duty. America's tears flowed even as

we turned a fearful eye toward our kitchen appliances.

THE RISE AND FALL OF "ROSEANNE"

Three decades after it ended, the comedy about the blue-collar Conner family and its brassy matriarch returned in March as a success for ABC and Roseanne Barr. The revival hit the sweet—or sour—spot of politics and culture today, with a polarizing star whose character mirrored her backing for President Donald Trump. The magic evaporated in May after Barr's racist slam of Obama adviser Valerie Jarrett. ABC called her tweet "abhorrent" and canceled the series.

"ATLANTA" IN WHITE

Donald Glover, whose reimagining of the TV comedy challenges viewers, tested them with a truly unsettling character, Teddy Perkins, depicted in mask-like whiteface (an uncredited performance by Glover, though it remains a mystery who made Teddy's cameo appearance at

the Emmys). Was the episode in April a riff on the sad life of a Michael Jackson-like celebrity? A slap at the insulting blackface used by white entertainers past? We're still mulling.

GADSBY'S REVOLUTION

The Australian standup was little known in America when her Netflix special "Hannah Gadsby: Nanette" arrived in June, dissecting culture and the very artform she practices. She was heralded as a major new voice and her work was labeled "transformative" and "game changing," the kind of awe and admiration granted to enduring comedy greats such as Richard Pryor, George Carlin and Dave Chappelle.

ARETHA'S FAREWELL

The Queen of Soul's memorial was one for the ages, with preachers, Motown and gospel legends and political and religious leaders offering speeches and songs in praise of Franklin's life, artistry and

activism on behalf of African-Americans and women. Stevie Wonder sang, and so did Smokey Robinson and Chaka Khan and Shirley Caesar and Gladys Knight and Ariana Grande and ... plenty of others, since the service ran eight hours. Franklin's voice was stilled, but her spirit resonated.

COLIN KAEPERNICK'S STAND

In his "Just Do It" TV spot for Nike that marked the campaign's 30th anniversary in September, the sidelined-by-kneeling NFL quarterback somberly challenged viewers to "believe in something, even if it means sacrificing everything." Some responded with anger, cutting or burning Nike gear and calling for boycotts. President Donald Trump slammed the company's move, while LeBron James defended it, saying he stands for those who believe in change.

A SUPREME BATTLE

In schools, at work, in coffee shops, Americans watched on

phones, laptops and any available screen as U.S. Supreme Court appointee Brett Kavanaugh and sexual-misconduct accuser Christine Blasey Ford made their emotional cases in September to a Senate committee. The hearing reinforced the extraordinary power of TV to present an event as it unfolds, allowing us to judge it for ourselves before it's filtered and packaged for consumption and "Saturday Night Live" satire.

BLACKOUT FOR KELLY

Megyn Kelly argued the case for dressing up in Halloween blackface, telling her morning show viewers it was OK when she was a kid if it was an impersonation. The backlash was immediate, with critics accusing Kelly of ignoring the ugly history of white entertainers applying blackface to demean African-Americans. The former Fox News Channel host offered a tearful on-air apology, but NBC fired her in October from the 9 a.m. "Today" slot after just a year.

AP names Nicky Jam and J Balvin's 'X' its top song of 2018

NEW YORK (AP)—The top 10 songs of the year by Associated Press Music Editor Mesfin Fekadu.

1. Nicky Jam and J Balvin, "X": Nicky Jam and J Balvin's "X" is not just the Latin song of the year—it is SIMPLY THE SONG OF THE YEAR. A year after the uber-successful "Despacito," comes "X"—a fusion of Latin, reggae and dancehall sounds and the perfect song to listen to while getting ready to go out, at a club or even while you're cleaning or cooking. "X" is addictive and the beat

will move your bones, even if you're not trying to move. Just don't fight the feeling.

2. Toni Braxton, "Long as I Live": Toni Braxton's R&B classics from the 90's and 2000's still sound iconic today, and her latest single, "Long as I Live," allows you to feel nostalgic, while not getting stuck in the past. Toni's still got it.

3. Jussie Smollett, "Ha Ha (I Love You)": This Quiet Storm anthem shows that while playing Jamal Lyon on "Empire" helped make Jussie Smollett famous, he sounds even better when he's singing

his own songs.

4. Joji, "Slow Dancing in the Dark": This burning R&B number is unforgettable.

5. Ella Mai, "Boo'd Up": The song of the summer sounds good in the fall and winter, too.

6. Kendrick Lamar and SZA, "All the Stars": The star of "All the Stars" may seem to be Kendrick Lamar—and while he shines on the song—it's really SZA's sing-a-long hook and killer second verse that makes this "Black Panther" track one of the year's best.

7. Normani and Khalid, "Love Lies": With all of the

Fifth Harmony singers going solo, Normani is the one to look out for. The proof: "Love Lies."

8. XXXTentacion, "SAD": So many rappers died young this year, and it's sad to see so much talent not live up to its full potential. XXXTentacion's "SAD!" was already a hit before he died, but after his death, the song, and his music, took on new life.

9. Drake, "In My Feelings": Don't front—this is your jam, too! Hey, Keke!

10. Lykke Li, "Sex Money Feelings Die": Hit play, and dance.

AP names its Breakthrough Entertainers of 2018

A scene-stealer from "Crazy Rich Asians." A teen actress who brought aching realism to a movie about adolescence. A boundary-breaking country star. And a comedian who used everything from laughter to rage to make a searing statement on women and society.

Awkwafina, Elsie Fisher, Kane Brown and Hannah Gadsby are among the eight performers whose distinguished work earned them a spot on The Associated Press' annual Breakthrough Entertainers list. Other honorees for 2018 are Henry Golding, Ella Mai, Natasha Rothwell and John David Washington.

Their contributions were as varied as the entertainers themselves.

For Golding, it was his first

film role in one of the year's most talked about movies, the hit "Crazy Rich Asians." But for Washington, who is part of an acting family and has been acting for a few years, it was his key starring role in "BlacKkKlansman" that made him a standout.

New Grammy nominee Mai breathed new life into R&B with hits like "Boo'd Up" and "Trip." And Rothwell's writing and acting on the third season of "Insecure" not only elicited guffaws, but poignant moments as well.

It's hard to imagine what entertainment might have looked like without them in 2018. Thankfully, we don't have to—and we have more of their work to look forward to in the years to come. (AP)

Man's talk of suicide keeps woman in their relationship

DEAR ABBY: A year ago, after five years of marriage, I divorced my ex-husband, "Taylor." We agreed to separate because I believed I had fallen out of love with him. We have remained friendly and communicate often.

Since the divorce, I have struggled with feelings of guilt and the creeping suspicion that I have made a mistake. I think I am still in love with him. Taylor desperately wants us to get remarried, and lately I have been considering it. However, I have another issue to consider.

For the past few months, I have been seeing another man, "Jacob." Although he is sweet and affectionate, Jacob is needy, clingy and struggles with depression and anxiety. He often expresses suicidal thoughts over problems in his life, including the thought of me leaving him. He is in therapy, but it doesn't seem to be helping.

I am terrified of breaking up with him to reconcile with my ex-husband because I honestly believe Jacob would kill himself, and I could not live with that. Any advice would be appreciated.

IN A HARD SPOT IN ALABAMA

DEAR HARD SPOT: Jacob is in therapy. Write a letter to his therapist and explain your concerns. That way the therapist will understand in advance that his/her patient may be heading for a rough patch. Regardless of whether Jacob is serious about killing himself should you end the relationship, for your own sake, you must not allow yourself to become a prisoner of his illness. That dynamic is un-

healthy for you.

I must caution you, however, not to allow yourself to be pressured into reconciling with your ex unless both of you have premarital counseling so you won't fall back into the pattern that destroyed your marriage. Whether it was lack of communication, boredom, a dull sex life – you both must understand where it went off track and take steps to correct it before remarrying.

DEAR ABBY: My husband and I are close friends with another couple we love dearly. Lately the wife has been concerned about her husband's continued weight gain. She makes comments when we are all out to dinner about what he wants to order and insists they share a meal or that he choose something lighter.

I know she's concerned about diabetes and heart disease and all the other ills obesity can bring, but I don't think this is helping. In fact, I think it's pushing him to want to eat more. How can we as friends help them to overcome this? For the record, he now weighs more than 300 pounds.

BEST FRIENDS IN TEXAS

DEAR FRIENDS: Your friend's husband is dangerously overweight. She may be panicking at the reality that the load he's carrying could shorten their marriage. What she doesn't realize is that the motivation for him to deal with his weight problem has to come from him, not her.

Rather than second guess what he's eating when you are all out to dinner, she should encourage him to talk with his

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



doctor and a nutritionist about what he needs to do to get healthy. Please tell her that. It won't happen overnight, and she should expect him to fall off the wagon sometimes. But with determination, it can be done.

DEAR READERS: Well, 2018 is on the brink of being over! Out with the old, in with the new. Please accept my heartfelt good wishes for a happy, healthy and prosperous 2019. And, as I caution every year, if you are out partying to ring in the new year, please make appropriate transportation arrangements and be safe!

LOVE, ABBY

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes



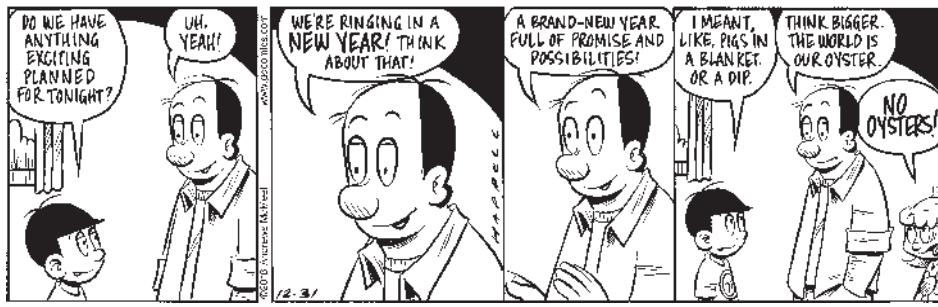
By Bill Watterson

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The Duplex



By Glenn McCoy

CROSSWORD

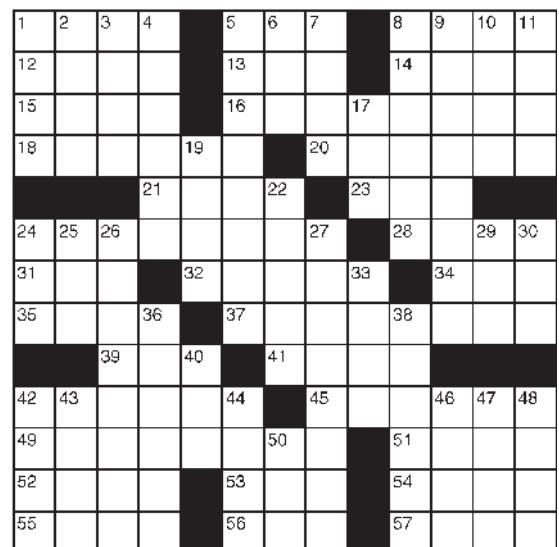
By Eugene Sheffer

ACROSS	37	Law firm principals	19	Send forth
1 "Lion King" villain	39	Away from WSW	22	Abraham's wife
5 Male cat	41	Rwandan people	24	Expert
8 Supplies with staff	42	Slow-pokes	25	Bond rating
12 Otherwise	45	Going together	26	Practice, theatrically
13 Playwright Levin	49	Speck	27	Viennese pastries
14 Classic theaters	51	Heath	29	Berlin's country (Abbr.)
15 Harvest	52	Celestial bear	30	" — a Rebel"
16 New Year's Eve topper	53	Squeak stopper	31	Jazzy James
18 Shepherd of rhyme	54	French 101 verb	36	NFL great Johnny
20 Bed linens	55	QB's goals	38	Eggnog sprinkling
21 Tan and living	56	Like venison	40	Yalie
23 Hosp. areas	57	Deli loaves	42	Egg on
24 Bach compositions	58	QB's goals	43	Not even one
28 Unuttered "alas"	59	Common title	44	Highlander
31 "Norma —"	60	start	46	Greek vowel
32 Rich cake	61	50 Cover	47	Par
34 Geese formation	62	Friday's answer	48	"Fifty Shades of —"
35 Honolulu's isle	63	12-31		

Solution time: 21 mins.



Friday's answer 12-31



STUMPED?

For answers to today's crossword, call 1-900-226-5956 99¢ per minute, touchtone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Gabby Douglas, 23; Joey McIntyre, 46; Bebe Neuwirth, 60; Anthony Hopkins, 81.

Happy Birthday: Assess your current situation and consider what you can do to make your life run smoothly. Don't feel pressured to act quickly; take your time and develop and execute plans that will stand the test of time. Practicality and common sense applied to innovative ideas will ensure you get the most out of whatever you do or pursue. Your numbers are 9, 13, 20, 26, 27, 40, 44.

ARIES (March 21-April 19): Set goals and work diligently until you feel satisfied with your accomplishments. Don't be vague or let anyone mislead you regarding money, health or emotional feelings. Use your intellect to solve problems and to get things done properly. **★★★**

TAURUS (April 20-May 20): Don't leave anything to chance. Size up situations and determine what will bring you the highest returns. Persistence will pay off personally and professionally. A unique way of letting someone you love know how much you care will win favors. **★★★**

GEMINI (May 21-June 20): Think big but live within your means. Have fun, but don't go overboard. Indulgence will lead to discord and problems that will be difficult to reverse. Use your intelligence and common sense to avoid mishaps, and keep personal information to yourself. **★★★**

CANCER (June 21-July 22): Celebrate the end of the year with people you find

stimulating. A romantic evening filled with promises and plans will give you something to look forward to. Adding a little glitz to your appearance will lead to compliments. **★★★★★**

LEO (July 23-Aug. 22): Check your motives before you say or do something you'll regret. Start the year off on the right foot and doors will open. Giving in to temptation or making poor choices will lead to backtracking when you should be moving forward. **★★**

VIRO (Aug. 23-Sept. 22): Set goals and work diligently until you feel satisfied with your accomplishments. Don't be vague or let anyone mislead you regarding money, health or emotional feelings. Use your intellect to solve problems and to get things done properly. **★★★**

LIBRA (Sept. 23-Oct. 22): Choose who you spend your time with carefully. Someone who is a poor influence or who can make you look bad should be avoided. Criticism may not be welcome, but it will be worth considering. Be careful while traveling. **★★★**

TAURUS (April 20-May 20): Don't leave anything to chance. Size up situations and determine what will bring you the highest returns. Persistence will pay off personally and professionally. A unique way of letting someone you love know how much you care will win favors. **★★★**

SCORPIO (Oct. 23-Nov. 21): Whether you want to make changes to the way you live, what you do or how you look, putting a strategy in place will give you reason to celebrate. Share your plans with someone you love. Toast to new beginnings. **★★★**

SAGITTARIUS (Nov. 22-Dec. 21): Your openness can be a deterrent when dealing with people who are critical or jealous. Be a good listener and a responsible friend or partner. You can have fun without boasting, being indulgent or taking unnecessary risks. **★★★**

CANCER (June 21-July 22): Celebrate the end of the year with people you find

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CAPRICORN (Dec. 22-Jan. 19): Choose to resolve issues so you can be at your best next year. Put the past behind you and wipe your slate clean so you can make the most of what's to come. Live, love and laugh. **★★★★**

AQUARIUS (Jan. 20-Feb. 18): Savor what's important to you, and don't lose sight of what you have and how fortunate you've been. Embrace change and head into the new year with optimism and the intent of doing and being your best. **★★**

PISCES (Feb. 19-March 20): Tidy up loose ends, and you'll feel more like celebrating. Don't be tempted to be extravagant. Problems will arise if you don't live by the rules. Stay focused and intent on doing what's right. Celebrate by being romantic, not indulgent. **★★★★★**

Birthday Baby: You are original, persistent and intuitive. You are enthusiastic and flexible.

To submit astrological questions to the "Dear Eugenia" column, visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

Conceptis Sudoku

By Dave Green

3	7	4	2	1					
2	5	8	3						
4				8					
8	3	5	9						
6	8	4							
7				5					
5	3	6	1						
6	9	1	5	2					

Difficulty Level ★

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Friday's SUDOKU Answer

9	3	6	2	4	5	1	7	8
2	7	5	1	8	3	6	9	4
1	4	8	9	6	7	3	5	2
3	9	4	5	2	6	7	8	1
5	8	7	4	9	1	2	3	6
6	2	1	3	7	8	9	4	5
4	5	2	6	3	9	8	1	7
8	1	3	7	5	2	4	6	9
7	6	9	8	1	4	5	2	3

12/31

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

RINGING IN 2019

F	S	Y	C	T	N	O	I	T	A	R	O	C	E	D
L	L	O	E	S	D	N	E	I	R	F	U	A	R	I
U	A	D	F	A	M	I	L	Y	N	N	R	E	N	S
T	O	G	A	O	R	T	D	O	O	A	S	V	L	C
E	G	L	I	T	T	E	R	I	I	S	I	E	A	O
N	N	A	X	D	E	S	T	T	N	T	R	L	S	T
G	I	S	A	N	R	A	H	O	A	A	E	K	O	H
A	R	S	T	A	R	G	I	T	U	N	I	W	P	E
P	E	E	B	B	I	T	I	Q	D	I</				

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Attorney for Petitioner Armando Villafuerte

IN THE SUPERIOR COURT
FOR THE
COMMONWEALTH OF THE NORTHERN
MARIANA ISLANDS

IN THE MATTER OF
THE ESTATE OF
ANGELINA BORJA
PEREDO aka
ANGELINA P. RIOS,
Deceased.
CIVIL ACTION
NO. 16-0252
NOTICE OF
HEARING
Date: January 31, 2018
Time: 9:00 am
Location: TBA
Associate Judge Joseph
N. Camacho

TO ANNIE R. TOKYO AND MELINDA T.
HOSSAIN, ALL HEIRS, AND INTERESTED PARTIES:
NOTICE IS HEREBY GIVEN that Administratrix Daisy
Ramirez has filed a Petition for Decree of Final
Distribution in the above-titled matter. The hearing
on the petition is scheduled to be heard on the date
and time set forth above at the Superior Court of
the Commonwealth of the Northern Mariana
Islands. All interested persons or entities should
appear at this hearing.

Dated this 11th day of December, 2018.

/s/ Clerk of Court/Deputy Clerk of Court



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Giannis' triple-double helps Bucks top Nets



MILWAUKEE (AP)—Giannis Antetokounmpo got turned away early but made the clutch plays late.

One of the NBA's most dynamic dunkers shook off a rare rejection and helped the Milwaukee Bucks turn away Brooklyn's attempt to rally from a 23-point deficit in a 129-115 win over the undermanned Nets on Saturday.

Antetokounmpo had his third triple-double of the season with 31 points, 10 rebounds and 10 assists, while Khris Middleton scored 29 points, despite a quad injury. The Bucks, who have won three straight and seven of eight, extended their NBA-best record to 25-10.

They nearly squandered their big lead after the Nets went on a 14-0 run in the fourth, and Shabazz Napier's 7-footer with 4:51 left trimmed the deficit to seven.

"I think there was a pretty major lapse, the start of the fourth quarter," Bucks coach Mike Budenholzer said.

Middleton and Antetokounmpo, the Bucks' two best players, reasserted control.

After a bucket by Middleton, Antetokounmpo scored six straight and also drew a charge on former teammate Jared Dudley in a 57-second span of the fourth that ended with the Bucks rebuilding a 15-point lead with 3:10 left. The Bucks were back on their way to their third straight win and seventh in eight games.

"He was phenomenal in the last five minutes," Budenholzer said.

But a 6-foot-11 forward known for making highlight reels drew social media buzz after a dunk attempt in the first quarter was blocked by Nets center Jarrett Allen.

Leave it to Antetokounmpo to finish strong.

"That's what a superstar does. When it's crunch time, when it's time to close a game out—he did it," Nets coach Kenny Atkinson said.

Celtics 112, Grizzlies 103

In Memphis, Kyrie Irving had 26 points and 13 assists, Al Horford added 18 points, including a pair of key 3-pointers in the closing 1:32, and the Boston Celtics rallied for a victory over the Grizzlies.

Marcus Morris scored 22 points for Boston, and Gordon Hayward had 14 off the bench.

Mike Conley led Memphis with 26 points, while Dillon Brooks added 19. Jaren Jackson Jr and Marc Gasol finished with 15 points apiece.

Irving scored 22 in the second half for the Celtics, who



Brooklyn Nets' Kenneth Faried fouls Milwaukee Bucks' Giannis Antetokounmpo during the first half of an NBA basketball game Saturday, Dec. 29, 2018, in Milwaukee.

lins added 14 points and 12 rebounds, and Atlanta beat the Cavaliers.

Carter, 41, had his first game with 20 points for Atlanta and became the oldest player in history to lead or tie for the team lead in scoring. He looked half his age with a baseline dunk midway through the fourth and then hit a corner 3 that made it 98-92 a couple of minutes later.

Jazz 129, Knicks 97

In Salt Lake City, Dante Exum made the most of his first start of the season.

Exum, a fifth-year guard filling in for usual starter Ricky Rubio, seized control of the Utah Jazz offense and had 13 points and a career-high 13 assists in a victory over the New York Knicks.

Exum made sure the Jazz didn't skip a beat without Rubio, who sat out with lower back and left knee contusions. He made the right reads on nearly every possession and routinely executed crisp passes to set up easy baskets.

"Guys that are willing to be unselfish want to make players around them better," Exum said after his first career double-double. "That's something I try to do when I'm out on the court, get guys involved."

Warriors 115, Trail Blazers 105

In Portland, Klay Thompson scored 32 points, Stephen Curry and Kevin Durant each had 25 and the Golden State Warriors avenged a loss from earlier this week, beating the Trail Blazers.

Golden State, stinging from a 110-109 home loss to the Blazers on Thursday, outscored Portland in each of the first three quarters to avoid its second three-game losing streak of the season.

Thompson went 4 of 5 from 3-point range. Durant was 10 of 19 from the floor.

Wizards 130, Hornets 126

In Washington, Trevor Ariza scored 24 points and was one of seven Washington players in double figures as the Wizards defeated the Charlotte amid news five-time All-Star guard John Wall will have season-ending surgery.

The Wizards announced on Saturday that Wall would undergo surgery to address bone spurs in his left heel and miss at least six months.

trailed by 19 early in the second half, but forced the Grizzlies into 1-for-16 shooting to start the fourth. A pair of layups by Irving erased the Memphis lead at the midway point of the period.

The teams exchanged the lead five times in the quarter before baskets from Morris and Hayward gave Boston a slight edge. Horford's 3-pointer with 1:32 left gave Boston a 103-99 lead and another one with 34 seconds left—his fifth of the night—ended Memphis' hopes.

Memphis played a solid first half to carry a 64-47 lead at the break. The Grizzlies shot 65 percent for the half, despite going 4 of 13 from outside the arc.

Meanwhile, Boston was at 45 percent. No Celtics had reached double figures, and Irving, who entered the game averaging 23.3 points, was stymied at four points on one field goal and a pair of free throws.

Rockets 108, Pelicans 104

In New Orleans, James Harden is on a run the NBA hasn't seen since Oscar Robertson.

Harden had 41 points and six assists to become the first player since the Hall of Fame guard to record at least 35 points and five assists in seven consecutive

games, and the Houston Rockets beat the Pelicans.

"That's what I play for," Harden said when asked about being compared to the Big O. "That's what you play the game of basketball for, to be mentioned in the name with the greats. Obviously, I have a long way to go, but that's what I put my jersey on for, that's what I lace my shoes up for, to go out there and be the best that I can be and when it's all said and done, be mentioned as one of the best basketball players to ever touch a basketball."

Harden had 26 points in the first half and reached 40 for the third straight game. He was 7

for 16 from 3-point range and made all 14 free throws.

Hawks 111, Cavaliers 108

In Atlanta, there hasn't been much for Hawks forward John Collins to feel good about this season.

His team has almost no chance to make the playoffs, so Collins wants to enjoy the good times while they last.

"We're a young team with a new coaching staff," he said. "It's all about getting together as a group and figuring it out. I think we have been."

Trae Young and Vince Carter each scored 21 points, Col-

Teams, LeBron warned about possible tampering

The NBA would prefer it if Los Angeles Lakers star LeBron James stopped talking about how much he would like New Orleans All-Star Anthony Davis to join the Lakers.

In a tampering memo sent Friday to its teams, the league does not want players making sustained public recruiting pitches to players under contract with another team.

The memo, which re-emphasizes the tampering rule in the NBA Constitution, also wrote, "In addition, recent attention has been paid to the issue of public comments by players. Generally speaking, it is not tampering when a player makes a comment about his interest in playing

with another team's player. However, if there are other aggravating factors—such as sustained public recruiting or evidence that the player making such a comment is coordinating with his team—then there may be a basis for a tampering violation."

While the league did not mention any player or team by name, it's clear it is paying attention to the Lakers and James' comments.

James has made repeated comments about playing alongside Davis. He first told ESPN it would "amazing" and "incredible" if the Lakers acquired Davis. Then, in an interview with ESPN that aired on Christmas, James said told the network's Ra-

chel Nichols, "It would be unbelievable to have a 25-year-old superstar in the prime of his career come here. We saw what happened when Shaq came here from Orlando. I mean, that's what the Lakers do, they go get out the big fish."

James said he was aware of league rules when he made his initial comment

John Wall to have season-ending surgery

Washington point guard John Wall will have season-ending surgery to address bone spurs in his left heel, the latest blow to the reeling Wizards.

The Wizards announced Saturday night that the five-

time All-Star will undergo the surgery in Green Bay, Wis., sometime in the next few days. Wall was told earlier Saturday that surgery was the best option, and he and the team conferred hours later before a final decision was made.

"I've been with him for almost three years," Washington coach Scott Brooks said Saturday before the Wizards hosted Charlotte. "He's as tough as they come. He never complained. He wanted to compete for his team, but it got to a point where he had to make some tough decisions. And that's why he met with a specialist."

Wall has yet to address the surgical option publicly.

Wild, crazy season features lots of playoff uncertainty



In a wild and crazy season, the biggest remaining tumult is in the AFC South.

Houston leads and takes the division title by beating struggling Jacksonville. A Texans loss, however, gives the winner of the prime-time game between the Colts and Titans in Nashville the crown, dropping Houston into a wild card.

"When you start off 0-3 and you're sitting here at 10-5 with a chance to win the division on Sunday you've done a lot of good things over the course of those games since we were 0-3," star defensive end J.J. Watt says. "But we have to make sure that we do what we need to do to make sure that doesn't all go to waste."

There are two other AFC division crowns to settle, in the North and West, but at least the Chiefs and Chargers already are into the postseason. So while avoiding having to suit up next weekend—and the likelihood of having the conference's best record—becomes paramount, Kansas City and Los Angeles both have a comfort zone.

Baltimore and Pittsburgh do not. If the Ravens win at home over Cleveland, they take the North. If they lose and the Steelers defeat spiraling Cincinnati, Pittsburgh advances.

The winner of the night game in Music City will, well, be making sweet music as a playoff qualifier.

"We're just blessed to be in this position to be playing for a playoff game, so that's all the motivation that guys need," Titans safety Kevin Byard says. "They'll be motivated, we'll be motivated. It'll be a fun game."

Jacksonville (5-10) at Houston (10-5)

Watt needs one-half sack to join Reggie White as the only players since 1982 with four or more seasons with 15 or more sacks. Watt has 4½ sacks and has forced three fumbles in the past four division games.

On offense, Deshaun Watson had two touchdown passes and ran for two more scores last week in a loss at Philadelphia. He has nine touchdown passes and no interceptions in his past four home games.

Jaguars quarterback Blake Bortles, who was benched after a loss to Buffalo on Nov. 25, will start, perhaps for the last time for Jacksonville. Bortles has 13 TD passes and 10 interceptions this season.

Indianapolis (9-6) at Tennessee (9-6)

Advantage Andrew Luck in this rivalry: he is 10-0 in his career starts vs. the Titans. He could become the only player



Philadelphia Eagles' Zach Ertz (86) is tackled by Houston Texans' Aaron Colvin (22) during the first half of an NFL football game, Sunday, Dec. 23, 2018, in Philadelphia. AP

pass 1,000 for the season. Peterson's 13,259 yards rushing are eighth on the career list.

Chicago (11-4) at Minnesota (8-6-1)

A huge challenge for the Vikings, because a loss could ruin their season one year after making the NFC title game. But the Bears have lost six straight games in Minnesota and doing so again likely sends the Vikings to Soldier Field the following week.

Matt Nagy is the first Bears coach with a winning record in a debut season since Paddy Driscoll went 9-2-1 in 1956, when George Halas took a two-year hiatus.

The Vikings lead the league with 50 sacks and have allowed the fewest TD drives (25) in the league for a second straight season after giving up 23 in 2017.

Oakland (4-11) at Kansas City (11-4)

The Chiefs can clinch the AFC West and No. 1 seed in the playoffs with a win and they have handled Oakland in seven of the past eight meetings. But a loss and Chargers win drops Kansas City to fifth seed.

KC's top-ranked offense could be challenged a bit by a Raiders D that has not allowed an opposing QB to throw for 300 yards in nine straight weeks. Raiders QB Derek Carr has an NFL-best streak of 325 passes without an interception.

since 1970 with an 11-0 mark against one team.

Colts K Adam Vinatieri can break a tie with Jeff Feagles (352) for third-most games played in league history and can join George Blanda, Morten Andersen and John Carney as the only players to appear in a game at age 46.

Titans QB Marcus Mariota is recovering from a stinger that knocked him out of the last game against Washington. Backup Blaine Gabbert has started twice and come off the bench in three other games this season for Mariota and fared relatively well.

But Tennessee's route to the playoffs likely is Derrick Henry toting the ball. Nobody has more yards rushing or TDs in December than Henry, who has 532 yards rushing and eight TD runs.

Cincinnati (6-9) at Pittsburgh (8-6-1)

Pittsburgh has won 10 of the past 11 meetings with Bengals, while the Bengals are 8-25 vs. the Steelers under coach Marvin Lewis. But last year, the Bengals won at Baltimore 31-27 in the final game, knocking the Ravens out of contention and giving a playoff berth to Buffalo. Of course, those Bengals were a lot healthier than this injury-wrecked group.

Pittsburgh is hopeful Pro Bowl running back James Conner returns after a three-game absence (sprained left ankle).

"It's out of our control," says guard David DeCastro.

"You're going to feel a lot worse than you do now if you were to go out there and see Baltimore lose and us lose, too. It's definitely deflating, it's been a long season. We've put forth a lot of effort."

Cleveland (7-7-1) at Baltimore (9-6)

Cleveland certainly has lots of incentive, including a winning record after going 0-16 in 2017, and making an emphatic statement about the work of interim coach Gregg Williams.

That doesn't likely trump

the motivation of making the playoffs, especially in a season with no overwhelming favorites. The Ravens are 9-1 against Cleveland at home under John Harbaugh, who took over in 2008. Ravens QB Lamar Jackson is 5-1 in his first six career starts, tied for third-best start in NFL history. RB Gus Edwards leads Baltimore with 642 yards rushing, with Jackson second at 605. Both are rookies.

Philadelphia (8-7) at Washington (7-8)

With last year's hero, Nick

Foles, taking over once more for an injured Carson Wentz, the Eagles have made a late playoffs push. They win here and Minnesota fails and the Eagles get a chance to defend their crown.

Foles threw for a franchise-record 471 yards last week vs. Houston. He's the only QB in franchise history with multiple 400-yard passing games and has averaged 279.5 yards passing in his past four starts versus the Redskins.

In a strong comeback season, Adrian Peterson rushed for 119 yards last week to sur-

Jones pounds out Gustafsson to reclaim title

CALIFORNIA—Jon Jones stopped Alexander Gustafsson in the third round to win the UFC light heavyweight title for the third time in his career.

Despite a 15-month anti-doping suspension, Jones (23-1 MMA, 17-1 UFC) didn't miss a beat, out-striking Gustafsson (18-5 MMA, 10-5 UFC) before forcing a ground-and-pound TKO in the third round.

After a tumultuous week that saw the event moved from Las Vegas to Los Angeles after an abnormal Jones drug test result, Jones got the stoppage at the 2:02 mark of the third round of the fighters' rematch.

"Without God, I am absolutely nothing," Jones said afterward. "All glory to God. With that being said, this is a great feeling."

Wearing the belt in the octagon for the first time since he knocked out Daniel Cormier at UFC 214 to retake the belt, Jones wasted little time in calling out his longtime rival, who was recrowned champion when he failed a post-fight drug test for a steroid metabolite.

That chemical compound loomed large over Jones' headlining rematch against Gustafsson when a drug test by the UFC's anti-doping partner revealed a trace amount of the M3 metabolite of the steroid oral turinabol. The USA-DADA did not issue a sanction, however, ruling the metabolite was a residual left over from a July 2017 positive test that cost Jones the belt.

Despite that clearance, the



UFC was forced to move UFC 232 to California on less than one week's notice when the original sanctioning body, the Nevada State Athletic Commission, could not convene a hearing to evaluate the adverse finding against Jones, who also came up positive on two other occasions for the metabolite in addition to five negative tests.

Jones steadfastly denied any wrongdoing, claiming he'd been cleared of wrongdoing by USADA. He bristled at questions about the circumstances, however, berating a reporter who asked him about the positive drug test.

In the octagon on Saturday, Jones was back to his old self in several different ways.

He punished his opponent at distance, slamming kicks to the body and legs. He landed elbows in close, wrenched shoulders, extended knees and generally made any advance hell.

Afterward, he was the serene, humble fighter that stood out when combined with his fearsome fighting skills.

"I'm so glad to be home," Jones gushed to UFC commentators Joe Rogan, Dominick Cruz and Jon Anik afterward. "I love everything about this."

As he had done four years ago in a first meeting with Jones, Gustafsson tried to get on the inside and use his boxing to negate the champ's long legs. He did so in the second round, landing his best punches of the fight.

Falcons soar for third time



By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER

The Talaabwogh Falcons bagged their third consecutive championship after beating the NSA Braves, 7-4, in the finals of the Senior League division of the 2018 Saipan Little League Baseball.

The title win came after the Falcons fell short in their bid to force a tie for the division pennant with the Braves, who

finished the regular season with a 9-3 record. The Falcons had an 8-4 mark in the elimination, losing an 11-inning pennant decider against the Braves, 8-9.

The Falcons recorded the rare 3-peat against three different teams. In the 2016 finale, they soared past the Comets, 3-0, while in last year's championship game, the Falcons edged out the Enforcers, 4-3.

Historic win at Marianas Cup

By ROSELYN B. MONROYO
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REPORTER

A few months after the NMI Soccer Training Center in Kobilville opened, the facility hosted the 2018 Marianas Cup and witnessed the historic win of the CNMI U19 Women's National Team.

The Commonwealth bets, survived Guam, 3-2, to hoist the Cup for the first time since the inception of the signature event in 2007. Katrina Costales, Guinevere Borja, and Jerlyn Castillo scored for the hosts with the latter also taking home the MVP award in the competition.

Besides the Marianas Cup, the CNMI national teams participated in several off-island tournaments.

In the Philippines, the CNMI Boys U16 National Team joined the Inaugural Tuloy XO



Cup and topped the event after beating Chelsea FC Soccer School Hong Kong in a shoot-out in the title game, 4-2.

In Mongolia, both the Commonwealth's men's and

women's national squads saw action in the EAFF E-1 Football Championships 2019 Round 1, while the CNMI's youth team competed in the East Asian Football Federa-

tion U15 Boys Tournament in China. Another youth national squad represented the islands in the AFC U16 Women's Championship 2019 Qualifiers in Dushanbe, Tajikistan.

Over 40 medals gained in regional track meet

By ROSELYN B. MONROYO
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REPORTER

With the resurfaced Oleai Sports Complex track and field facility finally opened to the public early this year,

Saipan was able to host the Oceania Micronesian Regional Championships 2018.

The competition had CNMI athletes battling representatives from Chuuk, Pohnpei, Yap, Kosrae,



and this time prevailed, 9-2, to move one step away from playing in the World Series.

The persistent Commonwealth players eventually reached the Promised Land when they

outclassed the Philippines in the finale, 4-2. The champion team was made up of Leveque Iguel, Vicente Camacho II, Josenio Alvarez, Kianna Aldan, Pedro Maratita, Jordan Babauta, Den-

nis Cabrera, Justin Peter Celis, Aven Evangelista, Joaquin Fleming, Trevon Lieto, Ignacio Mendiola, Donovan Deleon Guerrero, Joel Norita, Orrin Cody Cruz, and Arby Yaguel.

7



PBs, finals stints for swimmers



7

10

By ROSELYN B. MONROYO
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REPORTER

Several months before the Kan Pacific Swimming Pool closed, CNMI swimmers managed to train and compete in the 12th Oceania Swimming Championships held at the Taurama Aquatic and Indoor Centre in Port Moresby, Papua New Guinea.

Swimmers Christian Villacrusis, siblings Jinnosuke and Lennosuke Suzuki, Jinju Thompson, Sophia Gauran, Juhn Tenorio, and Nelson Batallones, coach Jacoby Winkfield, and manager Kento Akimaru made up the CNMI delegation to the long-course meet. The squad

and Cassandra Camacho handed the CNMI gold medals. Other members of the squad (with majority of them also winning medals for the host) were Therize Millare, Jerlyn Castillo, Trevan Quittuga, Gabriel Sappa, Tony Ichou, Ron Olopai, Neydreyton Skerei, Beo Ngirchongor, Anika Snyder, Ruschelle Valino, They Tyvian, Coby Santos, and Dean Blake.

Team Marianas (made up of Saipan and Tinian athletes) collected 10 gold medals, 16 silvers, and 18 bronzes. Nick Gross, Zarinae Sapong, Tania Tan, Orrin Pharmin, Douglas Schmidt, Jamie Pangelinan,

Yutu hits sports facilities, cancels events

Tennis players still deliver

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER

Tennis players continue to bring honors to the CNMI.

Four-time NMSA/Tan Siu Lin Foundation Female Student Athlete of the Year awardee Carol Lee and pro Colin Sinclair had successful campaigns in International Tennis Federation-sanctioned events, while members of the CNMI Junior Tennis Team also did well in regional competitions.

Lee kept her spot in the Top 200 of the ITF Juniors Circuit after winning three singles crown and two doubles, including a sweep in the Northern Marianas Junior Championships. She also helped the Pacific Oceania Team move up in the elite Group I of the 2018 Fed Cup Asia/Oceania Zone.

The 17-year-old also played in the inaugural Nations Cup Pacific in Fiji and teamed up with Isabel Heras

and Conatsu Kaga in giving the CNMI the women's title as they prevailed against Samoa in the finals.

Sinclair, on the other hand, rose from No. 1,267 to as high as No. 494 in the ITF Pro Circuit after several finals stints in Belgium and Australian tournaments.

Also delivering for the Commonwealth was Robbie Schorr, who ruled the boys U16 finals of the 2016 Pacific Oceania Junior Championships in Fiji after stunning his favored foe. Schorr along with Coume and Conatsu Kaga, Jimin Woo, Sean Lee, and Seung Jin Paik donned the CNMI colors in other regional competitions.

Not to be outdone was Jeff Race, the coach who is instrumental in CNMI tennis' repeated success. Race joined his first ITF Seniors Circuit event and came out victorious after clinching the 55-and-over title in the Hong Kong ITF Seniors National Tournament.



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By ROSELYN B. MONROYO
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REPORTER

The last three months of the year was spent not in competitions, but in clearing work at the sports facilities crushed by Super Typhoon Yutu

The Oleai Sports Complex and the NMI Soccer Training Center were hit the hardest, forcing the cancellation of the title series between the Chalan Kanoa Bears and Go See Mark in the 2018 Saipan Baseball League and the sus-

pension of the 2018 NMIFA Fall Youth League. The Bears were eventually handed the title when SBL organizers decided to call off the rest of the season, as the Francisco "Tan Ko" Palacios Ballfield will not be repaired anytime soon. As for the youth soccer league, the Northern Mariana Islands Football Association is still assessing the situation and availability of the matches venues.

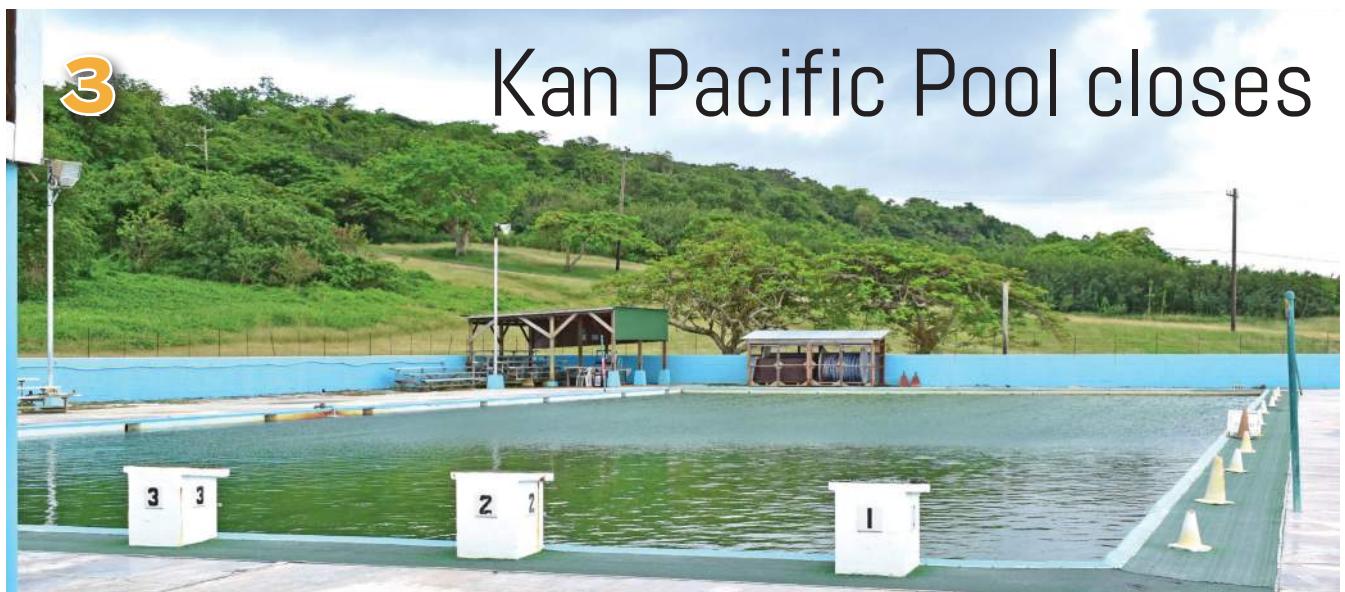
Meanwhile, tennis courts in various hotels also sustained

damage along with the basketball courts in the different villages, the newly opened Marianas High School Gymnasium, and the already closed Kan Pacific Swimming Pool.

With facilities down and the entire community busy in the recovery and relief efforts, major sports events were canceled. Northern Marianas Paddling Sports Federation pulled the plug on the Micronesian Cup just a few days before Yutu slammed Saipan, while Marianas Visitors Authority and the

Northern Mariana Islands Cycling Federation also called off the Hell of Marianas Century Cycle Race originally scheduled early this month.

Other local competitions—the title match in the middle school division of the 2018-2019 Commonwealth Coalition of Private Schools Association Volleyball League and the Public School System Interscholastic Volleyball League (men's high school)—were suspended along with two basketball leagues.



Kan Pacific Pool closes

Weightlifting, athletics teams shine in Micro Games

By ROSELYN B. MONROYO
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REPORTER

The weightlifting and athletics squads combined for more than half of the CNMI's medal haul in the 2018 Micronesian Games held in Yap.

The Commonwealth's weightlifters delivered 15 medals, six of which were gold and courtesy of Angel San Nicolas and Antoinette Labausa. Other members of the team handled by weightlifting president John Davis were Rodrigo Ada, Bonnie Cruz, and Joey Tudela.

In the medal-rich athlet-

ics competition, the CNMI earned 13 medals with Rachel Abrams (high jump) and Zarinae Sapong (200m run) contributing one gold each. The athletics team also got five silver medals and six bronzes.

The CNMI's other medals came from baseball (silver), men's canoe (silver), women's canoe (bronze), and swimming (one gold and four silvers). Overall, the Commonwealth collected nine gold medals, 18 silvers, and nine bronze to rank fourth in the final standings behind Palau, the Marshall Islands, and Guam.



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After a little over three decades of witnessing CNMI swimming history unfold, the Kan Pacific Swimming Pool in Marpi shut down.

Not even an online petition that gathered more than 6,000 signatures and clamored for the retention of the facility could prevent the 50-meter pool from closing its doors to the community. The facility ceased operation last Sept. 30 when Kan Pacific's extension of its lease agreement with the Department of Public Lands expired.

Saipan Swim Club founder and Father of Swimming in the Pacific, Bill Sakovich, called the closure a "tragic loss" while other affected individuals and groups were lost for words to describe their feelings when

the pool shut down.

Swimming Center Tsunami Saipan, Dolphin Club Saipan, and SSC were forced to look for alternative venues just to continue training their members. Tsunami Saipan went to hotel pools, while SSC opted to practice in open water and both groups were trying to be resilient though they admitted that the alternatives were not ideal, especially for swimmers getting ready for competitions.

The swimming community will need more patience, as re-opening of the facility is not expected anytime soon with DPL announcing that a request for proposal is needed for companies interested at taking over the operation of the Marpi property. (Roselyn B. Monroyo)

Goal reached



By ROSELYN B. MONROYO
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REPORTER

Since taking the helm at the Northern Mariana Islands Football Association in the early 2000, it has been Jerry Tan's goal to build a facility that would sustain the growth of soccer in the Commonwealth.

That goal was hit mid this year when NMIFA, in front of hundreds of residents and honored guests, inaugurated the NMI Soccer Training Center in Koblerville. The state-of-the-art facility has two pitches (main and secondary) offices, bleachers, restrooms, equipment rooms, floodlights, and ample parking spaces.

The first-of-a-kind training center in the CNMI was a collaboration of NMIFA and the Department of Community and Cultural Affairs and was also made possible by the help of the Department of Public Lands, East Asian Football Association, Asian Football Confederation, Ja-

NMIFA staff and volunteer players and officials managed to clean up debris at the facility weeks after it was torn by Su-

per Typhoon Yutu, while Asian Football Confederation guaranteed that help is coming to fix the NMITC early this year.

Meanwhile, the main pitch has been restored and will only need some minor repair, allowing members of

the CNMI national teams to resume training sessions in preparation for big tournaments in 2019.

